THE ENGLISH PHYSICIAN OR AN Astrologo-physical Discourse of the vulgar Herbs of this NATION.

Being a compleat Method of Physick, whereby a man may preserve his Body in health, or cure himself, being sick, for three pence charge, with such things onely as grow in *England*, they being most fit for English Bodies.

Herein is also shewed,

1. The way of making Plaisters, Oyntments, Oyls, Pultisses, Syrups, Decoctions, Julips, or Waters of all sorts of Physical Herbs, that you may have them ready for your use at all times of the year.
2. What Planet governeth every Herb or Tree (used in Physick) that groweth in *England*.
3. The Time of gathering all Herbs, but vulgarly, and astrologically.
4. The way of drying and keeping the Herbs all the year.
5. The way of keeping the Juyces ready for use at all times.
6. The way of making and keeping all kinde of usefull Compounds made of Herbs.
7. The way of mixing Medicines according to Cause and Mixture of the Disease, and Part of the Body afflicted.

By N. *Culpeper*, Student in Physick and Astrology.

LONDON,
Printed for the benefit of the Commonwealth of *England*. 1652.

To the Reader.

COurteous *Reader*, Ariſtotle *in his* Metaphyſicks *writing of the nature of man, hit the nail on the head when he ſaid, that man is naturally inclined to, and deſirous of knowledg: and indeed it is palpable and apparent, that as Pride is the firſt viſible ſin in a childe, whereby we may gather that it was the firſt ſin of* Adam; *ſo knowledg being the firſt Virtue a childe mindes, as is apparent to them that do but with the eye of reaſon heed their actions even whileſt they are very young even before they are a year old, even by natural inſtinct, whereby a man may more than gheſs that knowledg was the greateſt loſs, or at leaſt one of the greateſt we loſt by the fall of* Adam: *knowledg, ſaith* Ariſtotle, *is in Proſperity an Ornament, in Adverſity a Refuge: and truly there is almoſt no greater enemy to knowledg in the world than Pride and Covetouſneſs: Excellently ſaid* Juvenal Sat. 7.

Scire volunt omnes, mercedem solvere nemo.

Although all men, in knowledge take delight,
Yet they love money better, that's the spight.

And again, some men are so damnable proud and envious withall, that they would have no body know any thing but themselves: the one I hope will shortly learn better manners, and the other be a burden too heavy for the Earth long to bear.

The subject which I here fixed my thoughts upon is not onely the description and nature of herbs, which had it been all, I had authority sufficient to bear me out in it, for Solomon *employed part of that wisdom he asked, and received of God in searching after them, which he wrote in Books, even of all Herbs, Plants, and Trees: some say those Writings were carried to* Babylon *by* Nebuchadnezzar, *being kept in the Temple at* Jerusalem *for the publick view of the People, but being transported to* Babylon *in the Captivity,* Alexander *the Great Tyrant at the taking of* Babylon *gave them to his Master* Aristotle, *who committed them to the mercy of the fire.*

But

But since the days of Solomon, *many have those famous men been that have written of this subject, and great Encouragements have been given them by Princes, of which I shall quote an example or two,* Mathiolus *his greediness was such to finish his Comment upon* Dioscorides, *which Book is yet in use in the famous Universities in* Leyden *in* Holland, *and* Mountpilier *in* France, *that he forgot to count what the charges of it might amount to, although I rather commend him for his diligence in studie and care of the worlds good, than harbour the least ill thought of him for not counting the middle and both ends before he began the Work, I say when he came to count the charges of Printing and cutting the Cuts, it far surmounted his Estate; in this he was abundantly furnished by* Ferdinand *the Emperour, and divers other Princes of* Germany, *as himself confessed, furnished him with great summs of money, for perfecting that so great, so good a Work; the Prince Elector of* Saxony *sent him much money towards his charge, as also* Joachim *Marques of* Brandenburgh,

who as he was neighbour to Saxony *in Place, ſo was he in affection to ſo good a Work*; Frederick *Count* Palatine *of the* Rhine, *the Cardinal Prince of* Trent, *the Arch-biſhop of* Saltzburgh, *the Dukes of* Bavaria *and* Cleveland, *and the Free-State of* Norimbergh, *together with many others, ſo that he had the help of the Emperor, of Arch-Dukes, Dukes, Electours, Cardinals, Princes. Happy is that Nation whoſe Magiſtrates countenance ſuch as minde and ſtudy their good: I might inſtance in many more, and thereby give you a glimpſe how Magiſtrates formerly favoured this Art, and which is more, how ſtudious they were in it.* Bellonius *a man that ſoared high in the Nature of Herbs, alſo profeſſed he had the helping hand of Kings and Cardinals to maintain him in his ſtudies, & more than this, Kings themſelves were ſtudious in it; amongſt which* (Solomon *excepted)* Mithridates *that renowned King of* Pontus *ſeems to bear away the Bell, his Writings after his death were found in his Countrey Mannour by* Pompey *the great, but never a Roman of them all had the honeſty to*

prin

print them with his name in the Frontis-piece, so that we have nothing of them but what is quoted by some honest Authours, especially by Plutarch.

Ad nos vix tenuis famæ dilabitur aura.
Men minde our good, but such cross times do fall,
We onely hear they did, and that is all.

Mesue *King of* Damascus, Avicenna, *and* Evax *King of* Arabia, *laboured much in this study, and I could well have afforded to have mentioned* Diocletian *the Roman Emperour had he not washed out his virtues, and defiled them with a purple stain, in a most bloudy persecution of the Christians. It is quoted in* Virgil, *that when a famous Prince was proffered by* Apollo *to be taught his Arts,* viz. *Physick, Musick, Augury, and the Art of of shooting in the Bowe, he made choice of Physick and to know the nature of Herbs.*

Ipse suas, sua munera, lætus Apollo
Augurium, Citherumque dedit, celeresq; sagittas,
Ille, ut depositi præferret fata Parentis
Scire potestates Herbarum, usumque Medendi
Maluit: & mutas agitare (inglorius) Artes.

His Arts to him, when great Apollo *gave,*
He did nor Augury, nor Arrows crave,
Nor the melodious Lute, but to prevent
His fathers death, who now with age was spent,
To be an Herbarist, and Medicine
To learn, he rather did his thoughts incline.

So precious hath the knowledg of the virtues of Herbs been in former times to men of quality, and indeed happy is that Nation, whose Rulers minde knowledg, as Solomon *saith on the cantrary, Wo to that Nation whose King is a Childe; and indeed in ancient times people need little other Physick than such Herbs as grew near them, some footsteps of which and but a few onely, are now in use with us to this day, as people usually boil Fennel with fish, and know not why they do it but onely for custom, when indeed the original of it was founded upon reason, because Fennel consumes that flegmatick quality of fish, which is obnoxious to the body of man, Fennel being an herb of* Mercury, *and he so great an enemy to the Sign* Pisces.

In this Art the Worthies of our own Nation, Gerard, Johnson, *and* Parkinson *are not to be forgotten, who did much good in the study of this Art, yet they and all others that wrought of the nature of Herbs gave not a bit of a reason why such an herb was appropriated to such a part of the body, nor why it cured such a Disease; truly my own body being*

being sickly brought me easily into a capacity to know that Health was the greatest of all earthly blessings, and truly he was never sick that doth not believ it; then I considered that all Medicines were compounded of herbs, roots, flowers, seeas, &c. and this first set me on work in studying the nature of Simples, most of which I knew by sight before, and indeed all the Authours I could reade gave me but little satisfaction in this particular, or none at all; I cannot build my faith upon Authours words, nor believe a thing because they say it, and could vvish every body vvere of my minde in this, to labour to be able to give a reason for every thing they say or do; they say Reason makes a man differ from a beast, if that be true, pray what are they that instead of reason for their judgement, quote old Authours, perhaps their Authours knew a reason for what they wrote, perhaps they did not, what is that to us, do we know it? Truly in writing this Work first, to satisfie my self I drew out all the virtues of vulgar Herbs, Plants, and Trees, &c. out of the best and most approved Authours

I had or could get, and having done so, I set my self to study the reasons of them; I knew well enough that the whole world and every thing in it was formed of a Composition of contrary Elements, and in such a harmony as must needs shew the wisdom and power of a great God. I knew as well this Creation though thus composed of contraries was one united body, and man an Epitome of it, I knew those various affections in man in respect of Sickness and Health were caused naturally (though God may have other ends best known to himself) by the various operations of the Macracosm; and I could not be ignorant, that as the cause is, so must the cure be, and therefore he that would know the reason of the operation of Herbs must look up as high as the Stars; I always found the Disease vary according to the various motion of the stars, and this is enough one would think to teach a man by the Effect where the Cause lay: then to finde out the Reason of the operation of Herbs, Plants, &c. by the stars went I, and herein I could finde but few Authours, but those as full of non-sense and

contradictions as an Egg is full of meat, this being little pleasing, and less profitable to me, I consulted with my two brothers, Dr. Reason, *and Dr.* Experience, *and took a voyage to visit my Mother* Nature, *by whose advice together with the help of Dr.* Diligence, *I at last obtained my desires, and being warned by Mr.* Honesty, *a stranger in our days to publish it to the world, I have done it.*

But you will say, What need I have written of this Subject, seeing so many famous and learned men have written so much of it in the English Tongue, nay much more than I have done?

To this I answer,

1. *All that have written of Herbs either in the English or not in the English Tongue, have no ways answered my intents in this Book, for they have intermixed many, nay very many outlandish Herbs, and very many which are hard, nay not at all to be gotten, and what harm this may do I am very sensible of. Once a Student in Physick in* Sussex *sent up to* London *to me to buy for him such and such Medicines, & send them down, which when I viewed, they*

vvere Medicines quoted by Authours living in another Nation, and not to be had in London *for love nor money, ſo the poor man had ſpent much pains and brains in ſtudying Medicines for a Diſeaſe that vvere not to be had; ſo a man reading* Gerards *or* Parkinſons *Herbal for the Cure of a Diſeaſe, he may as like as not, light upon an Herb that is not here to be had, or not vvithout great difficulty, if poſſible; but in mine, all grovv near him.*

2. *My laſt, though not the leaſt of my Reaſons is,* Neither Gerard *nor* Parkinſon, *nor any that ever vvrought in the like nature, ever gave one vvi ſe Reaſon for vvhat they vvrote, and ſo did nothing elſe but train up young Novices in Phyſick in the School of Tradition, and teach them juſt as a Parrot is taught to ſpeak, an Authour ſaith ſo, therefore 'tis true, and if all that Authours ſay be true, vvhy do they contradict one another? But in mine, if you vievv it vvith the eye of reaſon, you ſhall ſee a reaſon for every thing that is vvritten, vvhereby you may finde the very ground and foundation of Phyſick,*

you may know what you do, and wherefore you do it, and this shall call me Father, it being (that I know of) never done in the World before.

I have now but two things more to write and then I have done.

1. *What the profit and benefit of this work is.*
2. *Instructions in the use of it.*

1. *The profit and benefits arising from it, or that may accrue to a wise man, from it are manie, so manie that should I sum up all the particulars, the Epistle would be as big as the Book; I shall onely quote some few general heads.*

First, The admirable harmonie of the Creation is herein seen, in the influence of Stars upon Herbs and the bodie of man, how one part of the Creation is subservient to another, and all for the use of man whereby the infinit power and wisdom of God in the Creation appears; and if I do not admire at the simplicitie of the Ranters, never trust me, who but viewing the Creation can hold such a sottish opinion, as that it was from eternitie, when the Mysteries of it are so clear to everie eye; but that Scripture shall be verified to them, Rom. 1. 20. The invisible things of Him from the Creation of the World are clearly seen, being understood by the things that are made, even his eternal power and Godhead, so that they

are without excuſe. *And a Poet could teach them a better leſſon.*

Excideret nè tibi divini muneris author
Preſentem monſtrat, quælibet Herba Deum.

Becauſe out of thy thoughts God ſhould not paſs,
His image ſtamped is on every graſs.

This indeed is true, God hath ſtamped his image upon everie Creature, and therefore the abuſe of the Creature is a great ſin; but how much more doth the wiſdom and excellencie of God appear if we conſider the harmonie of the Creation in the virtue and operation of everie herb; this is the firſt.

Secondly, Hereby thou maiſt know what infinite knowledge Adam *had in his innocencie, that by looking upon a Creature, he was able to give it a name according to his nature, and by knowing that, thou maiſt know how great thy fall was, and be humbled for it even in this reſpect, becauſe hereby thou art ſo ignorant.*

Thirdly, Here is the right way for thee to begin the ſtudie of Phyſick if thou art minded to begin at the right end, for here thou haſt the reaſon of the whole Art. I wrote before in certain Aſtrological Lectures which I read and printed, intituled Semeiotica Uranica, *what Planet cauſed (as a ſecond cauſe) everie diſeaſe, and how it might be found out what Planet cauſed it; here thou haſt what Planet cures it by* Sympathy, and Antipathy; *and this brings me to my laſt promiſe,* viz.

In-

Instructions for the right use of the book.

And herein let me premise a word or two, many Herbs, Plants, &c. are not in the book appropriated to their proper Planets, the reason was, want of time, or some other thing else, which many that know me will easily guess at; at last the book hanging longer in the Press than I imagin'd it would, I took the time and pains (though I could ill have spared either) to appropriate them all, and have for thy benefit (Courteous Reader) inserted them in order after the Epistle, now then for thy instruction.

First, Consider what Planet causeth the disease; that thou maist finde in my Semeiotica.

Secondly, Consider what part of the body is afflicted by the disease, and whether it lie in the flesh, or blood, or bones, or ventricles.

Thirdly, Consider by what Planet the afflicted part of the bodie is governed; that my Semeiotica *will inform you in also.*

Fourthly, You have in this book the Herbs for cure appropriated to the several diseases, and the diseases for your ease set down in the Margin, whereby you may strengthen the part of the bodie by its like, as the brain by Herbs of Mercury, *the breast and liver by Herbs of* Jupiter, *the heart and vitals by Herbs of the* Sun, *&c.*

Fifthly, You may oppose diseases by Herbs of the Planet opposite to the Planet that causeth them, as diseases of Jupiter *by Herbs of* Mercury, *and the contrary; diseases of the* Lumi-

naries *by Herbs of* Saturn, *and the contrarie; diseases of* Mars *by Herbs of* Venus, *and the contrarie.*

Sixthly, There is a way to cure diseases sometimes by Sympathie, and so every Planet cures his own diseases, as the Sun *and* Moon *by their Herbs cure the Eys,* Saturn *the Spleen,* Jupiter *the Liver,* Mars *the Gall, and diseases of Choller, and* Venus *diseases in the Instruments of Generation.*

Seventhly, There *was a small* Treatise *of mine of* Humane virtues, *printed at the latter end of my* Ephemeris, *for the year* 1651. *I suppose it would do much good to young Students to peruse that with this book.*

Eightly, Young Students would do themselves much good, and benefit themselves exceedingly in the Studie of Physick, if they would take the pains to view the virtues of the Herbs, &c. *in the book, and compare them to these rules, they shall to their exceeding great content finde them all agreeable to them, and shall thereby see the reason why such an Herb conduceth to the cure of such a disease.*

Ninthly, I gave you the Key of all in the Herb Wormwood, *which if because of the volubilitie of the Language, any think it will not fit the lock, I will here give it you again in another Herb of the same Planet which in the book either through my own forgetfulness, or my* Amanuensis *was omitted, and here I shall give it you plainly without any circumstances.*

The *Herb is* Carduus Benedictus.

It

It is called Carduus Benedictus, *or blessed Thistle, or holy Thistle, I suppose the name was put upon it by some that had little holiness in themselves: it is an Herb of* Mars, *and under the sign* Aries; *now in handling this Herb, I shall give you a rational Pattern of all the rest, and if you please to view them throughout the book, you shall to your content finde it true.*

It helps swimmings and giddiness of the head, or the disease called *Vertigo*, because *Aries* is the house of *Mars*.

It is an excellent remedy against the yellow Jaundice, and other infirmities of the Gall, because *Mars* governs Choller.

It strengthens the attractive faculty in man, and clarifies the bloud, because the one is ruled by *Mars*.

The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms, because *Mars* causeth them.

It helps Plague-sores, Boils, and Itch, the bitings of mad Dogs and venomous beasts, all which infirmities are under *Mars*. *Thus you see what it doth by* Sympathy.

By Antypathy *to other Planets.*

It cures the French Pox by Antipathy to *Venus* who governs it.

It strengthens the memory, and cures deafness by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the head.

It cures Quartan-Agues, and other distastes of Melancholly and adust Choller by

Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*.

Also it provokes Urine, the stopping of which is usually caused by *Mars*, or the *Moon*.

If you please to make use of these rules, you shall finde them true throughout the book, and by heeding them, you may be able to give a reason of your judgement to him that asketh you: I assure you it gave much content to me, and for your goods did I pen it; but I must conclude, my Epistle having exceeded its bounds already; hereby you see what reason may be given for Medicines, and what necessitie there is for every Physician *to be an* Astrologer, *you have heard it before I suppose, but now you know it; what remains, but that you labour to glorifie God in your several places, and do good to your selves, first by increasing your knowledge, and to your Neighbours afterwards by helping their infirmities; some such I hope this Nation is worthie of, and to such shall I remain a friend, during life, readie to my poor power to help.*

Nich. Culpeper.

Spittle-fields next door to the Lion.
Nov. 6. 1652.

Au-

Authours made use of, in this TREATISE.

A
Ægineta.
Ætius.
Aristotle.
Avicenna.
Averroës.
Avenaris.
Andreas Cæsalpinus.
Antonius Musa.

B
Bauhine.
Bellus.
Bartholomeus Anglus.
Butler, a Manuscript.

C
Clusius.
Camerarius.

D
Dodonæus.
Dioscorides.

E
Dr. *Experience.*

F
Fabius Columna.
Fuchsius.

G
Gesner.
Galen.
Gerrhard.

I
Isidore.
Johnson.

L
Leonicerus.
Lobel.
Lugdunensis.

M
Mathiolus.
Mesue.
Mizaldus.

O
Otho Brunfelsius.

P
Parkinson.
Pliny.
Pena.
Platearius.
Pona.

R
Dr. *Reason.*
Rhazis.

S
Serapio.

T
Tabernæmontanus.
Theophrastus.
Turner.
Tragus.

A

A Catalogue of the Herbs and Plants, &c. in this Treatise, *appropriated to their several* PLANETS.

under Saturn *are*

Barley.
Red Beets.
Beech tree.
Bisoyl, *or* Twayblade
Birdsfoot.
Bistort, *or* Snakeweed
Blewbottles.
Buckshorn-Plantan
Wilde Campions.
Pilewort.
Cleavers, *or* Goosgras
Clowns Woundwort
Comfry.
Cudweed, *or* Cotton-weed.
Sciatica Cresses.
Crosswort.
Darnel.
Doddar.
Epithimum.
Elm-tree.
Osmond Royal.
Fleawort.
Flixweed.
Fumitory.
Stinking Gladwin.
Gourwort.
Wintergreen.
Haukweed.
Hemlock.
Hemp.
Henbane.
Horstail.
Knapweed.
Knotgrass.
Medlar-tree.
Moss.
Mullein.
Nightshade.
Polypodium.
Poplar tree.
Quince-tree.
Rupture wort.
Rushes.
Solomons-Seal
Sarazens consound.
Service-tree.
Spleenwort, *or* Cetrach.

Ta-

Tamaris.
Melancholly thistle.
Black horn.
Throughwax.
Tutsan, *or* Parkleaves
Woad.

under Jupiter *are*

Agrimony.
Alexanders.
Asparagus.
Avens.
Bay-tree.
White Beets.
Water-Bettony.
Wood-Bettony.
Bilberries.
Borrage.
Bugloss.
Chervil.
Sweet Cicely.
Cinkfoil.
Costmary, *or* Alecost.
Dandelion.
Docks.
Bloodwort.
Dog's Quich-grass.
Endive.
Hartstongue.
Hyssop.
Housleek, *or* Sengreen.
Liverwort.
Lung-wort.
Sweet Maudlin.
Oak tree.
Red Roses.
Sage.
Sauce alone, *or* Jack by the hedge.
Scurvy grass.
Succory.
Our Ladies Thistles.

under Mars *are*

Arsesmart.
Asarabacca.
Barberry-bush.
Sweet Bazil.
Bramble-bush.
Briony.
Brooklime.
Butchers-broom.
Broom.
Broomrape.
Crowfoot.
Cuckooppint, *or* Wake-Robin.
Cranebill.
Cotton Thistle.
Flax-weed, *or* Toad-flax.
Fursebush.
Garlick.
Hawthorn.
Hops.
Naddir.
Masterwort.

Mu-

Mustard.
Hedge-Mustard.
Nettles.
Onions.
Pepperwort, *or* Dittander.
Carduus Benedictus, *in the Epistle.*
Rhadish.
Horse Rhadish.
Rhubarb.
Rapontick.
Bastard Rhubarb.
Thistles.
Star-thistle.
Tobacco.
Wolly Thistle.
Treacle Mustard.
Mithridate Mustard.
Wold, Weld, *or* dyers Weed.
Wormwood.

Under the Sun *are*

Angelica.
Ash tree.
Bawm.
One-blade.
Burnet.
Butter bur.
Chamomel.
Chelondine.
Centaury.
Eye-bright.
St. Johns wort.
Lovage.
Marigolds.
Misleto.
Peony.
St. Peters wort.
Pimpernell.
Rosa Solis.
Rosemary.
Rhue.
Saffron.
Tormentill.
Turnsole, *or* Heliotropium.
Vipers Bugloss.
Wallnut-tree.

Under Venus *are*

Alehoof, *or* Ground-Ivy.
Black Alder-tree.
Alder-tree.
Apple-tree.
Stinking Arrach.
Arch-Angel, *or* dead Nettles.
Beans.
Ladies Bedstraw.
Birch tree
Bishops Weed.
Blites.
Bugle.
Burdock.
Cherry-tree.

Winter

Winter Cherries.
Chickweed.
Cichpeaſe.
Clary.
Cocks-head.
Colts-foot.
Cowſlips.
Daiſies.
Devils-bit.
Elder.
Dwarf Elder.
Eringo.
Featherfew.
Figwort.
Filipendula.
Foxgloves.
Golden-rod.
Gromwel.
Groundſel.
Herb Robert.
Herb True-love.
Kidney-wort.
Ladies Mantle.
Mallows.
Marſh Mallows.
Mercury.
Mints
Motherwort.
Mugwort.
Nep, *or* Catmint.
Parſnip.
Peach-tree.
Pear-tree.
Penyroyal.
Perewinkle.
Plantan.
Plum-tree.
Primroſes.
Rue-wort.
Rocket.
Winter-Rocket.
Damask Roſes.
Wood Sage.
Sanicle.
Self heal.
Sopewort, *or* Bruiſewort.
Sorrel.
Wood Sorrel.
Sowthiſtles.
Spignel.
Strawberries.
Garden Tanſy.
Wilde Tanſy, *or* Silver-weed.
Teazles.
Vervain.
Vine-tree.
Violets.
Wheat.
Yarrow.

Under Mercury *are*

Calamint, *or* Mountain Mint.
Carrots.
Carraway.

Dill

Dill.
Elicampane.
Fern.
Fennel.
Hogs Fennel.
Germander.
Hazel Nut-tree.
Horehound.
Houndſtongue.
Lavender.
Liquoris.
Wall-Rhue.
Maidenhair.
Golden Maidenhair.
Sweet Marjoram.
Melilot.
Moneywort.
Mulberry-tree.
Oats.
Parſley.
Cow Parſnep.
Pellitory of the wall.
Groundpine, *or* Chamepitys.
Reſt-Harrow, *or* Chamock.
Sampire.
Summer and winter Savory.
Scabious.
Smallage.
Southernwood.
Meadow Treſoyl.
Garden Valerian.
Woodbinde, *or* Honey-Suckles.

Under the Moon *are*

Adders Tongue.
Cabbages.
Coleworts.
Sea Coleworts.
Columbines.
Watercreſſes.
Duckmeat.
Yellow Waterflag.
Flower-de-luce.
Fluellin.
Ivy.
Lettice.
Water-Lillies.
Looſeſtrife, with, and without ſpiked heads
Moonwort.
Mouſear.
Orpine.
Poppies.
Purſlain.
Privet.
Rattle-graſs.
White Roſes.
White Saxifrage.
Burnet Saxifrage.
Wall-flowers, *or* winter-gilliflowers.
Willow-tree.

The

The English Physician.

Adders Tongue.

Description. THis small Herb hath but one Leaf, which grows with the stalk a fingers length above the ground, being fat, and a fresh green colour, broad, like the water Plantane (but less) without any middle Rib in it: from the bottom of which leaf on the inside, riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the Tongue of an Adder or Serpent, (onely this is as useful as they are formidable) The Root continues all the year.

Place. It groweth in moist Meadows, and such like places.

Time. And is to be found in April and May, for it quickly perisheth with a little heat.

Virtues and Use. It is temperate, in respect of heat, but dry in the second degree. The juyce of the leaves drunk with the distilled water of Horstail is a singular remedy for all manner of Wounds in the breast, bowels, or other parts of the body, and is given with good success unto those who are troubled with Casting, Vomiting or bleeding at the mouth or nose, or otherwise downwards. The said juyce given in the distilled water of Oaken buds is very good for Women who have their usual Courses, or the Whites flowing down too abundantly. It helps sore eyes. The leaves infused or boyled in Oyl Omphacine, or unripe Olives set in the Sun for certain days, or the green leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not onely for green and fresh Wounds, but also for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein: it also stayeth and represseth all Inflammations that arise upon pains, by hurts, or wounds.

Wounds in the Breast, Bowels, Vomiting, bleeding, whites, Sores, Inflammations in wounds

It is an Herb under the dominion of the Moon in Cancer, and therefore if the weakness of the retentive faculty be caused by any evil influence of Saturn in any part of the body governed by the Moon, or under the

minion of Cancer, this herb cures it by sympathy: It cures those Diseases before specified in any part of the Body under the influence of Saturn, by antipathy.

What parts of the Body are under each Planet and Sign, and also what Diseases may be found in my astrological judgement of Diseases, and for the internal work of Nature in the Body of man, as vital, animal, natural, and procreative Spirit of man, the apprehension, judgement, memory, the external Senses, viz. Seeing, hearing, smelling, tasting, and feeling; the Virtues, attractive, attentive, digestive, expulsive, &c. under the dominion of what Planets they are, may be found in my Ephemeris for the year 1651. in both which you shall finde the Chaff of Authours blown away by the same of D. Reason, and nothing but rational Truths left for the judgement of the ingenious to feed upon.

Lastly, to avoid blotting Paper with one thing many times, and also to ease your purses in the price of the Book, and withal to make you studious in Physick, you have at the later end of the Book, the way of preserving all herbs either in juyce, Conserve, Oyl, Ointment, or Plaister, Electuary, Pill, or Troches.

Agrimony.

Descri-ption. THis hath divers long leaves (some greater, some smaller) set upon a stalk, all of them dented about the edges green above, and greyish underneath, and a little hairy withall: among which ariseth up usually, but one strong round, hairy, brown stalk, two or three foot high, with smaller leaves set here and there upon it, at the top whereof grow many small yellow flowers one above another in long spikes: after which come rough heads of seeds hanging downwards, which will cleave to, and stick upon Garments, or any thing that shall rub against them. The Root is black, long, and somewhat woody, abiding many years, and shooting afresh every Spring, which Root, though small, hath a reasonable good scent.

Place. It groweth upon banks near the sides of hedges, or pales.

Time. And it flowereth in July and August, the seed being ripe shortly after.

Cleansing, drying, binding, liver, Jaundice, inward wounds, inward bruises, bloody & troubled Urine.

Virtues and Uses. It is of a cleansing and cutting faculty without any manifest heat, moderately drying and binding; it openeth and cleanseth the Liver, helpeth the Jaundice, and is very beneficial to the bowels, healing all inward Wounds, bruises, hurts and other distempers. The decoction of the Herb made with Wine, and drunk, is good against the stinging and biting of Serpents, and helps them that have foul, troubled, or bloody waters, and makes them piss clear speedily; it also helpeth the Chollick, cleanseth the breast, and rids away the Cough. A draught of the decoction taken warm before the fit, first removes, and

in

in time rids away the Tertian and Quartan Agues: the leaves & seed taken in Wine, stayeth the bloudy Flux Outwardly applied, being stamped with old swines grease, it helpeth old sores, Cancers, and inveterate Ulcers; and draweth forth thorns, splinters of wood, nails, or any other such thing gotten into the flesh; it helpeth to strengthen the members that be out of joynt; and being bruised and applied, or the juyce dropped in, it helpeth foul and impossthumed ears.

chollick Breast, Cough Tertian and quartan agues Bloudy flux, Ulcers, Cancers, Thorns, Splinters and nails in the flesh, Matters out of joynts, Impostumes.

The distilled water of the Herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is an Herb under Jupiter, and the sign Cancer, and therefore strengthens those parts under that Planet and sign, and removes diseases in them by Sympathy, and those under Saturn, Mars, and Mercury by Antipathy. If they happen in any part of the body governed by Jupiter, or under the signs, Cancer, Sagitary, or Pisces, and therefore must needs be good for the Gout, either used outwardly in an Oyl, or Ointment, or inwardly in an Electuary, or Syrup, or concreated juyce, for which see the latter end of the book.

It is a most admirable remedy for such whose Livers are annoyed either by heat or cold. The Liver is the former of bloud, the nourisher of the body, and Agrimony and strengthner of the Liver.

I cannot stand to give you a reason in every Herb why it cureth such diseases, but if you please to peruse my judgement in the Herb Wormwood you shall finde them there, and it will be well worth your while to consider it in every Herb, you shall finde them true throughout the book.

Alehoof, or Ground-Ivy.

Description. THis well-known Herb, lieth, spreadeth, and creepeth upon the ground, shooting forth Roots, at the corners of the tender joynted stalks, set all along with two round leaves at every joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewise with the leaves towards the end of the branches come forth hollow long flowers of a bluish purple colour, with small white spots upon the lips that hang down: the Root is small with strings.

Place. It is commonly found under hedges, and on the sides of ditches, under houses, or in shadowed Lanes, and other waste grounds in, almost every part of the Land.

Time. They flower somewhat early, and abide so a great while; the leaves continue green untill winter, and sometimes abide, except the winter be very sharp and cold.

Virtues and Use. It is quick, sharp, and bitter in taste, and is thereby found to be hot and dry, a singular

Inward wounds, Pains, Griping, winde, choller, stomach, spleen, belly, stopping in the Liver, Gaul, Plague, Poyson, Gout, Sciatica, Sore mouth & Throat, Ulcers in the privities, Itch, Scabs, web in the eye, redness and watring of them, ulcers, noise in the ears, deafness.

Herb for all inward wounds, exulcerated Lungs, or other parts, either by it self, or boyled with other the like Herbs: and being drunk, it in short time easeth all griping pains, windy and Chollerick humours in the stomach, spleen, or belly: helps the yellow Jaundice by opening the stoppings of the Gaul and Liver, and Melancholly by opening the stoppings of the Spleen, expelleth venom or poyson, and also the plague, it provoketh Urine, and womens Courses. The decoction of it in wine drunk for some time together procureth ease unto them that are troubled with the Sciatica or Hip-gout, as also the Gout in the hands, knees, or feet: and if you put to the decoction, some honey, & a little burnt Allum, it is excellent good to gargle any sore mouth or throat, and to wash the sores and Ulcers in the privy parts of Man or Woman: it speedily healeth green Wounds being bruised and bound thereunto: the juyce of it boyled with a little Honey and Verdigrees, doth wonderfully cleanse Fistulaes, Ulcers, and stayeth the spreading or eating of Cancers and Ulcers; it helpeth the itch, scabs, wheals, and other breakings out in any part of the body. The juyce of Celandine, field Daysies, and Ground-Ivy clarified, and a little fine Sugar dissolved therein, and dropped into the eys, is a sovereign remedy for all the pains, redness, and watering of them; as also for the Pin and Web, skins, and films growing over the sight; it helpeth beasts as well as men; the juyce dropped into the ears doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will so clarifie it in a night, that it will be the fitter to be drunk the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

It is an Herb of Venus, and therefore cures her diseases by Sympathy, and those of Mars by Antipathy; how to preserve it all the year you shall finde at the latter end of the book.

Alexander.

Obstructions of the Liver and Spleen, provokes the terms, After-birth, winde, provokes Urine, biting of Serpents.

Description. IT is usually sown in all the Gardens in Europe, and so well known, that it needs no further description.

Time. They flower in June and July, and the seed is ripe in August.

Virtues and Use. It warmeth a cold stomach, and openeth stoppings of the Liver and Spleen, it is good to move womens Courses, to expell the After-birth, to break winde, to provoke Urine, and help the Strangury; and these things the seeds will do likewise, if either of them be boyled in Wine, or being bruised and taken in Wine, it is also effectual against the biting of Serpents. And now you know what Alexander-pottage, which is so familiar in this Citie is good for, that you may

may no longer eat it out of ignorance, but out of knowledg.

The black Alder-tree.

Descri-ption. THis Tree seldom groweth to any great bigness, but for the most part abideth like a hedg, bush, or tree, spreading into branches, the wood of the body being white, and of a dark red core or heart; the outward Bark is of a blackish colour, with many white spots thereon: but the inner Bark next unto the wood is yellow, which being chewed will turn the spittle near into a Saffron-colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the female Cornel, or Dog-berry-tree, called in Sussex Dog-wood, but blacker, and not so long. The flowers are white, coming forth with the Leaves at the joynts, which turn into small round berries, first green afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein is contained two small round and flat seeds: the Root runneth not deep into the ground, but spreadeth rather under the upper cruft of the earth.

Place. This tree or shrub may be found plentifully in St. Johns wood by Hornsey, and in the woods upon Hamsted-Heath, as also at a wood called the old Park in Barcomb in Sussex, near the Brooks side.

Time. It flowers in May, and the berries are ripe in September.

Virtues and use. The inner yellow Bark hereof purgeth downwards both Choller and Flegm, and the watry humours of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the Bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smalledg, Endive, and Succory-roots, and a reasonable draught taken every morning for some time together, it is very effectual against the Jaundice, Dropsie, and the evil disposition of the body, especially if some suitable purging Medicine have been taken before to avoid the grosser excrements; it purgeth & strengtheneth the Liver and Spleen, cleansing them from such evil humours and hardness as they are afflicted with: it is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly provoketh strong vomitings, pains in the stomach, and gripings in the belly: yet if the Decoction may stand and settle two or three days untill the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach, and procure an appetite to meat. The outer Bark contrariwise doth binde the body, and is helpfull for all Laxs and fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark hereof boiled in Vineger, is an approved remedy to kill Lice, to cure

Choller, flegm,

Jaundice, dropsie, Cachexia, Liver, Spleen,

Stomach, Weak appetite, loss, flux, Lice,

Itch, Scabs, Tooth-ach, Teeth loose.

the Itch; and take away the scabs by drying them up in a short time: it is singular good to wash the teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more milk.

If in the Spring-time you use the herbs before mentioned, and will but take a handfull of each of them, add to them a handfull of Elder-buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, add this to three Gallons more, and let them work together, and drink a draught of it every morning half a Pint or thereabouts; it is an excellent Purge for the Spring, to consume that flegmatick quality the Winter hath left behinde it, and withall keep your body in health, and consume those evil humours which the heat of Summer will readily stir up: esteem it as a Jewel.

The common Alder-tree.

Descri-ption. GRoweth to a reasonable heighth, and spreads much if it like the place; it is so generally well known unto Countrey people, that I conceive it needless to tell them that which is no news.

Place and Time. It delighteth to grow in moist Woods and watery places, flowering in April or May, and yielding ripe seed in September.

Cooling, drying, binding, will go Fleas.

Virtues and Use. The Leaves and Bark of the Alder-tree are cooling, drying, and binding; the fresh Leaves laid upon swellings, dissolveth them, and stayeth the Inflammations, the Leaves put under the bare feet galled with travelling are a great refreshing to them: the said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out will rid the Chamber of those troublesom bed-fellows.

burnings, Inflammations.

It is a tree under the Dominion of Venus, and of some watry sign or other, I suppose Pisces, and therefore the decoction, or distilled water of the Leaves is excellent against burnings, and Inflammations, either with Wounds or without, to bath the place grieved with, and especially for that Inflammation in the breast, which the vulgar call an Ague.

If you cannot get the Leaves, as in Winter it is impossible, make use of the Bark in the same manner.

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose is altogether needless: yet for its virtues it is of admirable use.

In time of Heathenism when men had found out any

any excellent herb, &c. they dedicated it to their gods, as the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules: these the Papists following as their Patriarchs, they dedicate them to their Saints, as our Ladies thistle to the blessed Virgin, St. Johns Wort to St. John, and another Wort to St. Peter, &c. Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Panses or Hearts-ease an Herb of the Trinity, because it is of three colours: and a certain Ointment, an Ointment of the Apostles, because it consisteth of twelve Ingredients. Alas, poor Fools, I am sorry for their folly, and grieved at their blasphemy; God send them the rest of their age, for they have their share of ignorance already, O! why must ours be blasphemous, because the Heathens and Papists were idolatrous? Certainly they have read so much in old rusty Authours, that they have lost all their Deomity, for unless it were amongst the Ranters, I never read or heard of such blasphemy: the Heathens and Papists were bad, and ours worse; the Papists giving idolatrous names to herbs for their virtues sakes, not for their fair looks: and therefore some called this an herb of the Holy Ghost, others more moderate called it Angelica, because of its angelical virtues, and that name it retains still, and all nations follow it so near as their Dialect will permit.

Virtues and use. It resists poyson by defending and comforting the heart, blood, and spirits, it doth the like against the Plague, and all epidemical diseases, if the Root be taken in powder to the weight of half a dram at a time, with some good Treacle in Carduus water, and the party thereupon laid to sweat in his bed. If Treacle be not at hand, take it alone in Carduus or Angelica-water. The stalks or roots candied and eaten fasting, are good Preservatives in times of Infection; and at other times to warm and comfort a cold stomach. The root also steeped in Vineger, and a little of that Vineger taken sometimes fasting, and the Root smelled unto is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glass, is much more effectual than the water of the Leaves; and this water drunk two or three spoonfuls at a time, ceaseth all pains and torments coming of cold and winde, so as the body be not bound, and taken with some of the Root in powder at the beginning helpeth the plurisie, as also all other diseases of the lungs and breast, as Coughs, Pthisick, and shortness of breath, and a Syrup of the stalks doth the like: it helps pains of the chollick, the Stranguary, and stopping of the urine, procureth womens Courses, and expelleth the after-birth, openeth the stoppings of the Liver and Spleen, and briefly easeth and discusseth all windiness, and inward swellings. The decoction drunk before the fit of an Ague, that they may sweat (if possible) before the fit come

Poyson, pestilence, epidemical diseases,

cold, winde, Plurisie, cough, Lungs, breast, Stranguary, shortness of breath, chollicks, urine provokes, after-birth, stoppings of the Liver & Spleen,

indigestion, surfet, toothach, biting of mad dogs

will in two or three times taking rid it quite away: it helps digestion, and it is a remedy for a surfeit. The juyce or the water being dropped into the eys or ears, helps dimnesse of sight & deafnesse: the juyce put into the hollow teeth easeth their pains. The Roots in pouder made up in a Plaister with a little Pitch, and laid on the biting of a mad Dog, or any other venomous creature, doth wonderfully help: the juyce or the water dropped, or tents wet therein, and put into old filthy deep ulcers, or the pouder of the Root in want of either doth cleanse and cause them to heal quickly, by covering the naked bones with flesh. The distilled water applied to places pained with the Gout or Sciatica, doth give a great deal of ease.

ulcers, Gout, Sciatica.

The wilde Angelica is not so effectual as the Garden, although it may be safely used to all the purposes aforesaid.

It is an herb of the Sun in Leo; let it be gathered when he is there, the Moon applying to his good Aspect; let it be gathered either in his hour, or in the hour of Jupiter, let Sol be angular. Observe the like in gathering the herbs of other Plants, and you may happen do wonders. In all epidemical diseases caused by Saturn, this is as good a Preservative as grows.

Apples.

A Word or two of the most usual kindes of Apples, though the Colledge of Physicians make use of none but such as [vulgo vocati] Pearmains, [vel] Pippins.

Apples in general are cold and windy, and being of sundry tastes, Galen sheweth thereby how to distinguish them: some have a sharp taste, and are good for fainting stomachs and loose bellies; others sowre, good to cool and quench thirst; some sharp, fit to cut gross flegm; some sweet, some distributed in the body, and as soon passed away, yet sooner corrupted in the stomach if they be staid: the best sorts, before they be throughly ripe, are to be avoided, then to be roasted or scalded is the best way to take them, and a little Spice or seeds cast upon them and taken after meat, do strengthen both stomach and bowels, especially in those that loath or hardly digest their meat, or are given to casting, or have a flux or laik: those that are a little sowre and harsh used in that manner are fittest; sweet Apples loosen the belly and drive forth Worms; sowre Apples stop the belly, and provoke urine; and Crabs for this purpose are fittest: the sweet Apples, as the Pippin and Pearmain, help to dissolve melancholly humours, and to procure mirth, and therefore are fittest for [Confectio Alkermes] & [Syrupus de pomis.] The Leaves boiled and given to drink in hot Agues, where the heat of the Liver and stomach causeth the lips to break out, and the throat to

Fainting stomach, loose bellies, thirst, flegm, stomach, bowels, vomiting, flux, loosen, worms, melancholly, Agues, heat of the Liver & Stomach,

grow

grow dry, harsh, and furred, is very good to wash and gargle it withall, and to drink down some. This may to good purpose be used when better things are not at hand, or cannot be had. The juyce of Crabs either Verjuyce or Cider, is of singular good use in the heat and faintings of the stomach, and against casting to make a Pastet with, or taken some of it alone by it self. The juyce of Crabs, or Cider applied with wet cloaths therein to scalded or burnt places, cooleth, healeth, and draweth forth the fire. A rotten Apple applied to eys blood-shotten, or inflamed with heat, or that are black and blue about them by any stroke or fall, and bound to all day or night, helpeth them quickly. The distilled water of rotten Apples doth cool the heat and inflammations of sores, and is good to bath foul creeping Ulcers, and to wash the face to take away spots, freckles, or other discolourings. The distilled water of good and sound Apples is of special good use to procure mirth, and expell melancholly. The oyntment called Pomatum, if sweet and well made, helpeth the chops in the lips or hands, and maketh smooth and supple the rough skin of the hands or face parched with winde or other accidents.

Scalding, Burnings, Eyes Inflammations, Ulcers, spots, Freckles, chaps in the Lips & hands

Thus my Authours.

All that I can say of Apples is this.

1. That they are extream windy.

2. That they provoke Urine, being roasted (especially Pomewaters) and mixed with fair water, and drunk up at night going to bed; half a dozen great ones mixed with a quart of water, excellently provokes Urine, if there be no material stone in the body: This I had of Gerhard, and have often known it proved, and always with good success. All Apples loosen the belly, and pleasure the stomach by their coolness.

Arrach wilde and stinking.

Descri-ption. THis hath small and almost round leaves yet a little pointed and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

Place. It grows usually upon dunghils.

Time. They flower in June and July, and their seed is ripe quickly after.

Virtues and Use. Stinking Arrach is used as a remedy to help women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is not a better remedy under the Moon for that disease. I would be large in the commendation of this Herb, were I but eloquent. It is an Herb under the dominion

of Venus, and under the ſign Scorpio: it is common almoſt upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and eaſie to be found, it is the medicines of the Colledge of Phyſicians that are ſo dear and ſcarce to finde, I command it for an univerſal medicine for the womb, and ſuch a medicine as will eaſily, ſafely, and ſpeedily cure any diſeaſe thereof, as the fits of the Mother, Diſlocation, or falling out thereof, it cools the womb being over-heated. (And let me tell you this, and I will tell you but the truth. Heat of the womb is one of the greateſt cauſes of hard labour in Child-birth.) It makes barren women fruitfull, it cleanſeth the womb if it be foul, and ſtrengthens it exceedingly; it provokes the Terms if they be ſtopped, and ſtops them if they flow immoderately. You can deſire no good to your womb, but this Herb will effect it; therefore if you love Children, if you love health, if you love eaſe, keep a Syrup always by you made of the juyce of this Herb and Sugar (or Honey if it be to cleanſe the womb) and let ſuch as be rich keep it for their poor neighbours, and beſtow it as freely as I beſtow my ſtudies upon them, or elſe let them Look to anſwer it another day when the Lord ſhall come to make inquiſition for blood.

Womb,

Archangel.

TO put a gloſs upon their practice; the Phyſicians call an Herb (which Countrey people vulgarly know by the name of Dead Nettle) Archangel, wherein whether they favour of more ſuperſtition or folly I leave to the judicious Reader. There is more curioſity than counſel in to my Countreymen uſed by others in the explanation, as well of the names, as deſcription of this ſo well known an Herb, which that I may not alſo be guilty of, take this ſhort deſcription firſt of the Red Archangel.

Deſcriptions. This hath divers ſquare ſtalks ſomewhat hairy, at the joynts whereof grow two lad green Leaves dented about the edges, oppoſite to one another, the lowermoſt upon long foot-ſtalks but without any toward the tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy: round about the upper joynts where the Leaves grow thick are ſtirdry gaping flowers of a pale reddiſh colour, after which come the ſeeds three or four in a huſk. The Root is ſmall and thriddy, periſhing every year: the whole Plant hath a ſtrong ſcent, but not ſtinking.

White Archangel hath divers ſquare ſtalks not ſtanding ſtraight upright, but bending downward, whereon ſtand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener alſo, more like unto Nettle-leaves but not ſtinking, yet hairy: At the joynts with the Leaves ſtand larger and more open gaping white flowers, in huſks round about the

the stalks (but not with such a bush of Leaves, as flowers set in the top, as is on the other) wherein stand small roundish black seeds: the Root is white, with many strings at it, not growing downward, but lying under the upper crust of the earth, and abideth many years increasing: this hath not so strong a scent as the former.

Yellow Archangel is like the white in the stalks and Leaves, but that the stalks are more straight and upright, and the joynts with Leaves are further asunder, having longer Leaves than the former; and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, onely they creep not so much under the ground.

Place. They grow almost every where, (unless it be in the middle of the street) the yellow most usually in the wet grounds of Woods, and sometimes in the drier, in divers Countries of this Nation.

Time. They flower from the beginning of the Spring all the Summer long.

Virtues and Use. The Archangels are somewhat hot and drier than the stinking Nettles, and used with better success for the stopping and hardness of the Spleen, than they by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaister, or the Decoction with Spunges. The flowers of the white Archangel are preserved, or conserved to be used to stay the whites and the flowers of the red to stay the Reds in women. It makes the heart merry, drives away melancholy, quickens the spirits, is good against quarran Agues stancheth bleedings at mouth or nose, if it be stamped and applied to the nape of the neck: the Herb also bruised, and with some Salt and Vineger, and Hogs greale laid upon any hard tumour or swelling, or that which is vulgarly called the Kings Evil, doth help to dissolve or discuss them, and being in like manner applied doth much allay the pains and give ease to the Gout, Sciatica, and other aches of the joynts and sinews: it is also very effectual to heal all green wounds & old ulcers also to stay their fretting, gnawing, and spreading; it draweth forth splinters, and such like things gotten into the flesh, and is very good against bruises and burnings. But the yellow Archangel is most commended for filthy corrupt sores and ulcers, yea, although they grow to be hollow, and to dissolve tumours. The chief use of them is for women, it being an Herb of Venus, and may be found in my Guide for Women.

Spleen.

White, red, and yellow flux, immoderate whites, quinsies, A wasting, ill nose, swelling, Kings Evil, gouts, Sciatica, Joynts, Ulcers, old sores, bruises, burnings.

Arsmart.

Description of the Milde.

This hath broad Leaves set at the great red joynts of the stalks, with semicircular blackish marks on them usually, yet sometimes without: the flowers grow in long

long spikes usually either bluish or whitish with such like seed following. The root is long with many strings thereat perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather sower like Sorrel, or else a little drying or without taste.

Place. It grows in watery plashes, ditches, and the like, which for the most part are dry in Summer.

Time. It flowereth in June, and the seed is ripe in August.

Ulcers, cold swellings, Bruises, congealed blood, tooth ach Fellons or Andicorns, worms in the Ears, Fleas, tired Horses, Impost humors, Inflammations wounds.

Virtues and Use. It is of a cooling and drying quality, and very effectual for putrified ulcers in man or beast, to kill the Worms, and cleanse the putrified places: the juyce thereof dropped in, or otherwise applied, consumeth all cold swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the Root, or some of the seed bruised and held to an aching tooth, taketh away the pain. The Leaves bruised and laid to the joynt that hath a Fellon thereon, taketh it away. The juyce destroyeth Worms in the Ears being dropped into them: if the hot Arsmart be strewed in a Chamber it will soon kill all the Fleas; and the Herb or juyce of the cold Arsmart put to Horses or other Cattels sores will drive away the Fly in the hottest time of Summer: A good handfull of the hot biting Arsmart put under a Horses Saddle will make him travel the better, although he were half tired before: the milde Arsmart is good against hot Impothumes and Inflammations at the beginning, and to heal green Wounds.

All Authours chop the virtues of both sorts of Arsmart together, as men chop Herbs for the Pot, when both of them are of clean contrary qualities; the hot Arsmart groweth not so high or tall as the milde doth, but hath many Leaves of the colour of Peach-leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a Leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold; if you see them both together, you may easily distinguish them, because the milde hath far broader Leaves: and our Colledge of Physicians, out of their learned care for the publick good, Anglice, their own gain, mistake the one for the other in their new master-piece, whereby they discover, 1. Their ignorance, 2. Their carelesness, and he that hath but half an Eye may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their virtues, and when you finde not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his brother Dr. Experience, concerning either of them both.

Asara-

Aſarabacca.

Aſarabacca hath many heads riſing from the Roots, from whence come many ſmooth Leaves, every one upon his own foot-ſtalk, which are rounder and bigger than Violet Leaves, thicker alſo, and of a darker green ſhining colour on the upper-ſide, and of a paler yellow green underneath, little or nothing dented about the edges; from among which riſe ſmall, round, hollow, brown, green huſks, upon ſhort ſtalks about an inch long, divided at the brims into five diviſions, very like the cups or heads of the Henbane ſeed, but that they are ſmaller; and theſe be all the flowers it carrieth, which are ſomewhat ſweet, being imelled unto, and wherein, when they are ripe, is contained ſmall cornered, rough ſeeds very like the kernels or ſtones of Grapes or Raiſins. The Roots are ſmall and whitiſh, ſpreading divers ways in the ground, and increaſing into divers heads; but not running or creeping under ground, as ſome other creeping Herbs do; they are ſomewhat ſweet in ſmell, reſembling Nardus, but more when they are dry, than green; and of a ſharp, but not unpleaſant taſte.

Place. It groweth frequently in Gardens.

Time. They keep their Leaves green all Winter, but ſhoot forth new in the Spring, and with them come forth thoſe heads or flowers which give ripe ſeed about Mid-ſummer, or ſomewhat after.

Virtues and Uſe. This Herb being drunk, not onely provoketh vomiting, but purgeth downward, and by Urine alſo, purging both Choller and Flegm: if you add to it ſome Spicknard, with the Whey of Goats Milk, or Honeyed water, it is made more ſtrong, but it purgeth flegm more manifeſtly than Choller, and therefore doth much help pains in the Hips and other parts; it being boyled in Whey, wonderfully helpeth the Obſtruction of the Liver and Spleen, and therefore is profitable for the Dropſie and Jaundice being ſteeped in Wine and drunk. It helps thoſe continual Agues that come by the plenty of ſtubborn humours: An Oyl made thereof by ſetting it in the Sun, with ſome Laudanum added to it, provoketh ſweating (the ridge of the back being anointed therewith) and thereby driveth away the ſhaking fits of Agues. It will not abide any long boiling, for it loſeth its chiefeſt ſtrength thereby; nor much beating, for the finer pouder doth provoke vomits and Urine, and the courſer purgeth downwards.

Cauſeth vomiting Choller, flegm, Urine Obſtructions of the Liver and Spleen, dropſie, Jaundice Agues.

The common Uſe hereof is to take the juyce of five or ſeven Leaves in a little drink to cauſe Vomitings: the Roots have alſo the ſame virtue, though they do not operate ſo forcibly, yet they are effectual againſt the biting of Serpents, and therefore is put as an ingredient both into Mithridate and Venice Treacle. The Leaves and Roots being boyled in Ly, and the head often waſhed therewith, while it is warm, comforteth the head and brain that is ill affected by taking cold, and helpeth the memory.

Serpents, Head, Memory.

I ſhall deſire ignorant people to forbear the uſe of the Leaves, the Roots purge more gently, & may prove beneficial in ſuch as have Cancers, or old putrified Ulcers, or Fiſtulaes upon their bodies, to take a dram of them in Pouder in a quarter of a pint of white Wine in the morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken nature, nor ſhall ever adviſe them to be uſed, unleſs upon urgent neceſſity. If a Phyſician be natures ſervant, it is his duty to ſtrengthen his Miſtris as much as he can, and weaken her as little as may be.

Aſparagus, Sparagus, or Sperage.

Deſcription. IT riſeth up at firſt with divers whitiſh green ſcaly heads, very brittle or eatie to break while they are young, which afterwards riſe up into very long and ſlender green ſtalks of the bigneſs of an ordinary riding Wand at the bottom of moſt, or bigger or leſſer, as the Roots are of growth; on which are ſet divers branches of green Leaves, ſhorter and ſmaller than Fennel to the top, at the joynts whereof come forth ſmall, mollie, yellowiſh flowers, which turn into round Berries, green at the firſt, and of an excellent red colour when they are ripe, ſhewing like beads of Corral, wherein are contained exceeding hard black ſeeds. The Roots are diſperſed from a ſpongeous head into many long, thick, and round ſtrings, whereby it ſucketh much nourihment out of the ground, and increaſeth pleniſully thereby.

Prickly Aſparagus, Sparagus, or Sperage.

Deſcription. IT groweth uſually in Gardens; and ſome of it grows wilde, in Appleton meadow in Glouceſterſhire, where the poor people do gather the buds, or young ſhoots, and ſell them cheaper than our Garden Aſparagus is ſold at London.

Time. They do for the moſt part flower, and bear their Berries late in the year, or not at all, although they are houſed in Winter.

Belly, ſtrangury diſury, Gout, ſciatica, Eyes, Tooth-ach.

Virtues and Uſe. The young buds, or branches boyled in ones ordinary broth, maketh the belly ſoluble and open, and boyled in white Wine, provoketh Urine being ſtopped, and is good againſt the Strangury, or difficulty of making water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth pains in the Reins: and boyled in white Wine or Vineger it is prevalent for them that have their Arteries looſened, or are troubled with the Hip-gout, or Sciatica. The Decoction of the Roots boyled in Wine and taken, is good to clear the ſight, and being held in the mouth eaſeth the Tooth-ach: and being taken faſting ſeveral mornings together ſtirreth up bodily luſt in man or woman (what-

(whatsoever some have written to the contrary. The Garden Asparagus nourisheth more than the wilde; yet hath it the same effects in all the aforementioned diseases. The Decoction of the Roots in white Wine, and the back and belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother and Cholick, and generally against all pains that happen to the lower parts of the body; and no less effectual against stiff and benummed Sinews, or those that are shrunk by Cramps, and Convulsions, and helpeth the Sciatica.

Reins, Bladder, Mother, cramp Cholick, convulsion.

Ash-tree.

THis is so well known that time will be mis-spent, and Paper wasted in writing a Description of it, and therefore I shall onely insist upon the virtues of it.

Virtues and Use. The young tender tops with the Leaves taken inwardly, and some of them outwardly applied are singular good against the biting of the Viper, Adder, or any other venomous beast: and the water distilled therefrom, being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too gross or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone, and expell it, and cureth the Jaundice. The ashes of the Bark of the Ash made into Ly, and those heads bathed therewith which are leprous, scabby, or scald, they are thereby cured. The kernels within the husks commonly called Ashen-keys, prevaileth against stitches and pains in the sides proceeding of winde, and avoideth away the stone by provoking Urine.

Adders and venomous biting, Dropsie, Stone, Jaundice, Leprosie, scabs, scald heads, Stitches, Stone, distury, Rickets.

I can justly except against none of all this save onely the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers, and I suppose this had its rise from Gerard, or Pliny, both which hold that there is such an antipathy betwee n an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the fire than through the Leaves, the contrary to which is the truth, as both my eyes are witnesses: the rest are virtues something likely, onely if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them, the Keys you may easily keep all the year, gathering them when they are ripe.

Avens.

Descri-ption. THe ordinary Avens hath many long, rough, dark-green winged Leaves, rising from the Root, every one made of many Leaves set on each side

of the middle rib, the largest three whereof grow at the ends, and are snipt or dented about the edges: the other being small pieces, sometimes two, and sometimes four standing on each side of the middle Rib underneath them; among which do rise up divers rough or hairy stalks about two foot high branching forth with Leaves at every joynt, not so long as those below, but almost as much cut in on the edges some into three parts, some into more: on the tops of the branches stand small, yellow, pale flowers consisting of five leaves, like the flowers of Cinquefoil, but larger in the middle, whereof standeth a small green head, which when the flower is fallen, groweth to be rough, and round, being made of many long greenish, purple seeds (like grains) which will stick upon your cloaths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier grounds, and in the freer and clearer air.

Place. They grow wilde in many places under hedge-sides, and by the path-ways in fields, yet they rather delight to grow in shadowy than in sunny places.

Time. They flower in May and June for the most part, and their seed is ripe in July at the furthest.

Breast, Stitches, Winde, Belly, Somach, inward Wounds, Heart, Cold brain, Obstructions, chollicks, Fluxes, ruptures, spots and marks in the face, Plague, Poyson, digestion.

Virtues and Use. It is good for the diseases of the Chest or Breast, for pains and stitches in the sides, and to expell crude and raw humours from the belly and stomach by the sweet savour and warming quality; it dissolveth the inward congealed blood, hapning by falls or bruises, and the spitting of blood, if the Roots either green or dried be boyled in Wine and drunk as also all manner of inward wounds or outward, if they be wash'd or bathed therewith. The decoction also being drunk comforteth the heart, and strengtheneth the stomach, and a cold brain, and therefore is good in the Spring-time to open Obstructions of the Liver, and helpeth the winde-chollick; it also helpeth those that have fluxes, or are bursten, or have a Rupture: it taketh away spots or marks in the face being washed therewith: the juice of the fresh Root or pouder of the dried Root hath the same effect with the decoction. The Root in the Spring-time steeped in Wine doth give it a delicate savour and taste, and being drunk fasting every morning comforteth the heart, and is a good Preservative against the Plague, or any other poyson; it helpeth digestion, and warmeth a cold stomach, and openeth the Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed; and is very fit to be kept in every good bodies house.

Balm.

THis Herb is so well known to be an inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the virtues thereof, which are many, may not be omitted.

Vir-

Virtues and Use. The Arabian Physicians have extolled the virtues hereof to the skies, although the Greeks thought it not worth the mentioning. Serapio saith, it causeth the minde and heart to become merry, and reviveth the heart fainting into swownings, especially of such who are overtaken in their sleep, and driveth away all troublesom cares and thoughts out of the minde arising from melancholly, or black Choller; which Avicen also confirmeth. It is very good to help digestion, and open obstructions of the brain; and hath so much purging quality in it (saith Avicen) as to expell those melancholly vapours from the spirits and bloud which are in the heart and arteries, although it cannot do so in other parts of the body. Dioscorides saith, that the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied; is a remedy against the biting of Scorpions, and the bitings of mad Dogs, and commendeth the decoction thereof for women to bath or sit in, to procure their Courses; it is good to wash aching teeth therewith, and profitable for those that have the bloudy flux. The Leaves also with a little Nitre taken in drink, are good against a Surfet of Mushroms, helps the griping pains of the belly, and being made into an Electuary is good for them that cannot fetch their breath: used with Salt, it taketh away Wens, Kernels, or hard swellings in the flesh or throat; it cleanseth foul sores, and easeth pains of the Gout: it is good for the Liver and Spleen. A Tansie or Caudle made with Eggs, and the juyce thereof while it is young, putting to it some Sugar and Rose-water, is good for women in Childbed when the After birth is not throughly avoided, and for their fainting upon, or after their sore travel. The Herb bruised and boyled in a little Wine and Oyl, and laid warm on a Boil, will ripen and break it.

Minde, heart, fainting, swowning, Melancholly, indigestion, Obstruction of the brain, heart, arteries, venomous beasts, mad dogs, Tetnus provokes, Tooth ach, bloudy Flux, Mushroms, difficulty of breathing, Gout, Liver, Spleen, Women in childbed, fainting in travel, boils.

It is a Herb of Jupiter, and under Cancer, and strengthens nature much in all its actions; let a Syrup made with the juyce of it and Sugar, (as you shall be taught at the latter end of the book) be kept in every Gentlewomans house, to relieve the weak stomachs and sick bodies of their poor sickly neighbours; as also the Herb kept dry in the house, that so with other convenient simples you may make it into an Electuary with Honey, according as the disease is, and as you shall be taught at the latter end of the book.

Barberry.

THe shrub is so well known to every boy and girle that hath attained to the age of seven years, that it needs no description.

Virtues and Use. Mars owns the shrub, and presents it to the use of my Countrey-men to purge their bodies of Choller. The inner rinde of the Barberry-tree

choller, Scabs, Itch, Tetters, Ring worms, yellow jaundice, boils, Agues, burnings, scaldings appetite lost, hair.

boiled in white-wine, & a quarter of a pint drunk each morning, is an excellent remedy to cleanse the body of Chollerick humours, and free it from such diseases as Choller causeth, such be Scabs, Itch, Tetters, Ringworms, yellow Jaundice, Boils, &c. It is excellent for hot Agues, burnings, scaldings, heat of blood, heat of the Liver, bloudy flux, for the Berries are as good as the Bark, and more pleasing; they get a man a good stomach to his victuals, by strengthning the attractive faculty, which is under Mars, as you may see more at large in the latter end of my Ephemeris for the year 1651. The hair washed with the Ly made with the ashes of the Tree and water, will make it turn yellow, viz. of Mars his own colour. The fruit and rinde of the shrub, the flowers of Broom and of Heath, or Furz, cleanse the body of Choller by Sympathy, as the flowers, Leaves, and Bark of the Peach-tree do by Antipathy; because these are under Mars, that under Venus.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kindes hereof plentifully growing, being yearly growing in this Land. The virtues whereof take as followeth.

Virtues and Use. Barley in all the parts & compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing: and all the preparations thereof; as Barley-water, and other things made thereof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the stomach. A Pultis made of Barley-meal, or flour boyled with Vineger and Honey, and a few dry Figs put into them, dissolveth all hard Impostumes, and asswageth Inflammations being therein applied: and being boiled with Melilot and Chamomel flowers, and some Linseed, Fengreek, and Rue in pouder, and applied warm, it easeth the pains in the sides and stomach, and windiness of the Spleen. The Meal of Barley and Flearwort boiled in water, and made into a Pultis with Honey and Oyl of Lillies, applied warm, cureth swellings under the ears, throat, neck, and such like: and a Plaister made thereof with Tar, Wax, & Oyl, helpeth the Kings Evil in the throat: boiled with sharp Vineger into a Pultis, and laid on hot, helpeth the Leprosie: being boiled in Red wine with Pomegranate-rindes and Mirtles, stayeth the Lask or other flux of the belly: boiled with Vineger and a Quince, it easeth the hot pains of the Gout, Barley-flower, white Salt, Honey & Vineger mingled together, taketh away the Itch speedily and certainly. the water distilled from the green Barley in the end of May is very good, for those that have defluxions of humours fallen into their Eyes, and easeth the pains being dropped into them: or white bread steeped therein and bound on the Eys, doth the same.

Feavers, Agues, Stomach, Impostumes, Inflammations, Spleen, Ears, Throat, Neck, Kings Evil, Leprosie, Flux, Gout, Itch, Eyes.

Garden

Garden Bazil, or Sweet Bazil.

Deſcription. The greater ordinary Bazil riſeth uſually with one upright ſtalk diverſly branching forth on all ſides, with two Leaves at every joynt, which are ſomewhat broad and round, yet pointed, of a pale green colour, but freſh, a little ſnipt about the edges, and of a ſtrong heady ſcent: the flowers are ſmall and white, ſtanding at the tops of the branches, with two ſmall Leaves at the joynt, in ſome places green, in others brown, after which come black ſeed. The Root periſheth at the approach of Winter, and therefore muſt be new ſown every year.

Place. It onely groweth in Gardens.

Time. It muſt be ſowed late, and flowers in the heat of Summer, being a very tender Plant.

Virtues and Uſe. This is the Herb which all Authours are together by the ears about, and rail at one another like Lawyers: Galen and Dioſcorides hold it not fitting to be taken inwardly: and Chryſippus rails at it with down-right Billingſgate-Rhetorick. Pliny, and the Arabian Phyſicians defend it.

For my own part I preſently found that ſpeech true;

[Non noſtrum inter nos tantas componere lites.]

And away to Dr. Reaſon went I, who told me it was an Herb of Mars, and under the Scorpion, and perhaps therefore called Baſilicon, and then no marvel if it carry a kinde of virulent quality with it, being applied to the place bitten by a venomous beaſt, or ſtung by a Waſp or Hornet, it ſpeedily draws the poyſon to it; every like draws his like. Myzaldus affirms, that it being laid to rot in Horſe-dung, it will breed venomous beaſts. And Hollerius a French Phyſician affirms upon his own knowledge, that an acquaintance of his by common ſmelling to it, had a Scorpion bred in his brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another: and we know Rue is as great an enemy to poyſon as any grows.

Venomous beaſts, Bees, Waſps, Hornets.

To conclude; it expelleth both birth, and after-birth; and as it helps the deficiency of Venus in one kinde, ſo it ſpoils all her actions in another. I dare write no more of it.

The Bay-tree.

This is ſo well known, that it needs no deſcription; I ſhall therefore onely write the virtues thereof, which are many.

Virtues and Uſe. Galen ſaith, that the Leaves or Bark do heal or dry very much, and the Berries more than the Leaves; the Bark of the Root is leſs ſharp and hot, but more bitter, and hath ſome attriction withall, whereby it is effectual to break the Stone, and good to open the Obſtructions of the Liver, Spleen, and

Stone, Obſtructions of the Liver & ſpleen

dropsie, Poyson, Jaundice, Bees, Wasp, Hornets, Terms, provokes, cause delivery, After-birth, Eyes, Lungs, coughs, shortness of breath, meagrim, wind, vertigo, disuri, Mother, worm, Joynts, Nerves, arteries, stomach, Belly, womb, Ears, marks in the skin, Itch, scabs.

and other inward parts, which bring the Dropsie, Jaundice, &c. The Berries are very effectual against all poyson of venomous Creatures, and the stings of Wasps and Bees, as also against the Pestilence, or other infectious diseases, & therefore is put into sundry Triacles for that purpose: they likewise procure womens Courses; and seven of them given to a woman in sore travel of Child-birth, do cause a speedy delivery, and expell the after-birth; and therefore not to be taken by such as have not gone out their time, lest they procure abortment, or cause labour too soon: they wonderfully help all cold and rheumatick distillations from the brain to the eys, lungs, or other parts: and being made into an Electuary with Honey, do help the Consumption, old Coughs, shortness of breath, and thin rheums; as also the Meagrim, they mightily expell winde, and provoke Urine; help the Mother, and kill the worms: the Leaves also work the like effects. A Bath of the decoction of the Leaves and Berries, is singular good for women to sit in that are troubled with the Mother, or the diseases thereof, or the stoppings of their Courses, or for the diseases of the bladder, pains in the bowels by winde, and stopping of Urine: a decoction likewise of equal parts of Bay-berries, Cummin-seed, Hysop, Origanum, and Euphorbium, with some Honey, and the head bathed therewith doth wonderfully help distillations and rheums, and settleth the pallat of the mouth in its place. The Oyl made of the Berries is very comfortable in all cold griefs of the joynts, nerves, arteries, stomach, belly, or womb, and helpeth Palsies, Convulsions, Cramps, Aches, trembling and numness in any part, weariness also, and pains that come by sore travelling: all pains and griefs likewise proceeding from winde either in the head, stomach, back, belly, or womb, by anointing the parts affected therewith; and pains in the ears are also cured by dropping in some of the Oyl, or by receiving into the ears the warm fume of the decoction of the Berries through a funnel. The Oyl takes away marks of the skin and flesh by bruises, falls, &c. and dissolveth the congealed bloud in them; it helpeth also the Itch, Scabs, and Wheals in the skin.

I shall but only add a word or two to what my friend hath written, viz. that it is a tree of the Sun, and under the Celestial sign Leo, and resisteth Witchcraft very potently, as also all the evils old Saturn can do to the body of man, and they are not a few, for it is the speech of one, and I am mistaken if it were not Myzaldus, that neither Witch nor Devil, Thunder nor Lightning will hurt a man in the place where a Bay tree is.

Beans.

BOth the garden and field Beans are so well known, that it saveth me labour of writing any description of them: their virtues briefly are as followeth.

The

The distilled water of the flowers of garden Beans is good to cleanse the face and skin from spots and wrinkles, and the meal or flower of them, or the small, doth the same. The water distilled from the great husks is held to be very effectual against the Stone, and to provoke Urine. Bean-flower is used in Pultisses to asswage Inflammations rising upon wounds, and the swelling of womens breasts, caused by the curding of their milk, and represseth their milk: the flower of Beans and Fenugreek mixed with Honey, and applied to Fellons, Boils, Bruises, or blue marks by blows, or the Imposthumes in the kernels of the ears, helpeth them all: and with Rose-leaves, Frankincense, and the white of an Egg being applied to the Eys, helpeth them that are swoln, or do water, or have received any blow upon them, if used with white wine. If a Bean be parted in two, the skin being taken away, and laid on the place where a Leech hath been set, that bleedeth too much, it stayeth the bleeding. Bean-flower boiled to a Pultis with Wine and Vinegar, and some Oyl put thereto, ceaseth both pain and swelling of the Cods: the husks boiled in water to a consumption of a third part thereof stayeth a Lask: and the ashes of the husks made up with old Hogs grease, helpeth the old pains, contusions and wounds of the sinews, the Sciatica and Gout. The field Beans have all the forementioned virtues as the garden Beans.

Spots, Stone, disury, Inflammations, Womens breasts, Fellons, or Andicoms, boils, bruises, Ears, eys, leeches.

Cods swelled, flux, pain, Sinews, sciatica, Gout.

Beans eaten are extream windy meat, but if after the Dutch fashion, when they are half boyled you husk them, and then stew them, (I cannot tell you how, for I never was Cook in all my life) they are wholesomer Food.

French Beans.

Description. THe French or Kidney Beans ariseth up at first but with one stalk, which afterwards divideth it self into many arms or branches, but also weak, that if they be not sustained with sticks or poles, they will lie fruitless upon the ground: at several places of these branches grow forth long foot-stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the tops whereof come forth divers flowers made like unto Pease blossoms, of the same colour for the most part that the fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple; but white is most usual; after which come long and slender flat Pods, some crooked, some straight, with a string as it were running down the back thereof, wherein are contained flattish round fruit made to the fashion of a Kidney; the Root is long, and spreadeth with many strings annexed to it, and perisheth every year.

There is also another sort of French Beans commonly growing with us in this Land, which is called the Scarlet-flowered Bean.

This ariſeth up with ſundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-ſtalks with three Leaves on each as on the other: the flowers alſo are in faſhion like the other, but many more ſet together, and of a moiſt Orient Scarlet colour. The Beans are larger than the ordinary kinde, of a deep purple colour, turning black when it is ripe and dry: the Root periſheth alſo in Winter.

Diſtaſy. Shortneſs of breath, incite to Venery, A gallant ſhew.

Virtues. The ordinary French Beans are of an eaſe digeſtion, they move the belly, provoke Urine, inlarge the breaſt that is ſtraitned with ſhortneſs of breath, ingender Sperm, and incite Venery.

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being ſet near a Quickſet-Hedge, will bravely adorn the ſame, by climbing up thereon; ſo that they may be diſcerned a great way, not without admiration of the beholder at a diſtance. But they will go near to kill the Quickſets by cloathing them in Scarlet.

Ladies Bedſtraw.

Deſcription. THis ariſeth up with divers ſmall brown and ſquare upright ſtalks a yard high or more, ſometimes branched forth into divers parts, full of joynts, and with divers very fine ſmall Leaves at every one of them, little or nothing rough at all: at the tops of the branches grow many long tufts or branches of yellow flowers very thick ſet together, from the ſeveral joynts [illegible]ich conſiſt of four ſmall Leaves apiece, which ſmell ſomewhat ſtrong, but not unpleaſant: the ſeed is ſmall, and black, like Poppy-ſeed, two for the moſt part joyned together: the Root is reddiſh with many ſmall thrids faſtned unto it, which take ſtrong hold of the ground, and creepeth a little: and the branches leaning a little down to the ground take Root at the joynts thereof, whereby it is eaſily increaſed.

There is alſo another ſort of Ladies bedſtraw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are ſo weak, that unleſs it be ſuſtained by the Hedges or other things near which it groweth, it will lie down on the ground; the Leaves a little bigger than the former, and the flowers not ſo plentifull as thoſe; and the Root hereof is alſo thriddy, and abiding.

Place. They grow in meadows and paſtures both wet and dry, and by the Hedges.

Time. They flower in May for the moſt part, and the ſeed is ripe in July and Auguſt.

Stone, diſtury, bleeding wounds.

Virtues and Uſe. The decoction of the former of theſe being drunk is good to fret and break the Stone, and provokes Urine, ſtayeth inward bleedings, and healeth inward Wounds: the Herb or flower bruiſed, and put up into the noſtrils ſtayeth their bleeding like-

likewise: the flowers and the Herb made into an Oyl by being set in the Sun, and changed after it hath stood ten or twelve days; or into an Oyntment being boyled in Axungia, or Sallet-oyl with some Wax melted therein after it is strained, either the Oyl made thereof, or the Oyntment do help burnings with fire, or scalding with water: the same also, or the decoction of the Herb and flower is good to bath the feet of travellers and Lacquies, whose long running causeth weariness and stifness in the sinews and joynts; if the decoction be used warm, and the joynts afterwards anointed with the Oyntment. It helpeth the dry scab, and the itch in Children: and the Herb with the white flower is also very good for the sinews, arteries, and joynts to comfort and strengthen them after travel, cold and pains.

burnings, gauled feed, weariness, stifness of joynts, scabs, itch.

They are both Herbs of Venus, and therefore strengthen the parts both internal and external, which she rules.

Beets.

Description. THere are two sorts of Beets which are best known generally, and whereof I shall principally intreat at this time, viz. The white and the red Beets, and their virtues.

The common white Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: the stalk is great, strong and ribbed, bearing great store of Leaves upon it almost to the very top of it: the flowers grow in very long tufts, small at the ends, and turning down their heads, which are small, pale, greenish, yellow burs, giving cornered prickled seed. The Root is great, long and hard, and when it hath given seed, of no use at all.

Cleanse, digest, dysury, obstructions of the Liver & Spleen, vertigo, venomous beasts, burning, S. Anthonies fire. wheals, blisters, chilblains, kibes, itch, Dandrif, scurff, scabs,

The common red Beet differeth not from the white, but onely it is lesser, and the Leaves and the Roots are somewhat red: the Leaves are differently red, in some onely with red strakes or veins, some of a fresh red, and others of a dark red. The Root hereof is red, spungy, and not used to be eaten.

The white Beet doth much loosen the belly, and is of a cleansing and digesting quality, and provoketh Urine: the juyce of it openeth Obstructions both of the Liver and Spleen, and is good for the head-aches, and swimmings therein, and turnings of the brain, and is effectual also against all venomous creatures: and applied upon the temples, stayeth Inflammations in the Eys; it helpeth burnings being used without Oyl, and with a little Allum put to it, is good for S Anthonies fire. It is also good for all wheals, pushes, blisters and blains in the skin; the Herb boyled and laid upon chilblains or kibes, helpeth them: the decoction thereof in water and some Vineger helpeth the itch, if bathed therewith, and cleanseth the head of dandrif, scurf, and dry scabs, and doth much good for fret-

Ulcers, Canker, baldness, flux, worms, sore, whites, stinking breath, Noise in the ears, toothach, smell lost.

fretting and running sores, Ulcers, and Cankers in the Head, Legs, or other parts, and is much commended against baldness, and shedding of hair.

The red Beet is good to stay the bloudy flux, womens Courses, and the Whites, and to help the yellow Jaundice. The juyce or the Root put into the nost ils purgeth the head, helpeth the noise in the ears, and the tooth ach; the juyce snuffed up the nose helps a stinking breath, if the cause lies in the nose, as many times it doth, if any bruise have been there, as also want of smell coming that way.

Water Betony.

Descri- FIrst of the Water Betony, which riseth up ption. with square hard greenish stalks, and sometimes brown, set with broad dark green Leaves, dented about the edges with notches, somewhat resembling the Leaves of the Wood Betony, but much larger, two for the most part set at a joynt. The flowers are many, set at the tops of the stalks and branches, being round bellied, and open at the brims, and divided into two parts, the uppermost being like a hood, and the lowest like a lip hanging down, of a dark red colour, which passing away, there comes in their places small, round heads with small points in the ends, wherein lie small and brownish seeds: the Root is a thick bush of strings and threds growing from the head.

Place. It groweth by ditch sides, brooks, and other water-courses generally through the Land, and is seldom found far from the waters sides.

Time. It flowereth about July, and the seed is ripe in August.

Virtues and Use. It is of a cleansing quality; the Leaves bruised and applied are effectual for all old and filthy Ulcers; and especially if the juyce of the Leaves be boyled with a little Honey, and tents dipped therein, and the sores dressed therewith: as also for bruises or hurts, whether inward or outward. The distilled water of the Leaves is used for the same purpose as also to bath the face or hands spotted or blemished, or discoloured by Sun-burning.

Ulcers, bruises, sun burnings.

I confess I do not much fancie distilled water, I mean such waters as are distilled cold, some virtue of the Herb they may happily have (it were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish fashion is, both Chymical Oyl and Salt is left behinde, unless you burn them, and then all is spoiled, water and all, which was good for as little as can be by such a distillation. You have the best way of distillation in my Translation of the London Dispensatory. The Colledge of Physicians having as much skill in distillations as an Ass hath in reading Hebrew.

Wa-

Water Betony is an Herb of Jupiter in Cancer, and is appropriated more to wounds and hurts in the breast than Wood Betony which follows.

Wood Betony.

Descript. THE common or Wood Betony hath many Leaves rising from the Root, which are somewhat broad and round at the ends, roundly dented about the edges, standing upon long foot-stalks from among which rise up small, squire, slender, but ye upright hairy stalks, with some Leaves thereon, two a piece at the joynts, smaller than the lower, whereon are set severall spiked heads of flowers like Lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part: the seeds being contained within the husks that hold the flowers are blackish somewhat long and uneven. The Roots are many white threddy strings: the stalk perisheth but the Root with some Leaves thereon abides all the Winter. The whole Plant is somewhat small.

Place. It groweth frequently in woods, and delighteth in shady places.

Time. And it flowreth in July, after which the seed is quickly ripe, yet in its prime in May.

Virtues and Use. Antonius Musa Physician to the Emperour Augustus Cæsar, wrote a peculiar Book of the vertues of this herb, and amongst other vertues, saith of it, that it preserveth the lives and bodies of men safe from the danger of epidemical diseases, and from witchcraft also: It is found by daily experience to be good for many diseases: it helps those that loath, or cannot digest their meat, those that have weak stomachs, or sower belchings, or continual rising in their stomach, using it familiarly either green or dry, either the herb, the root, or the flowers in broth drunk or meat, or made into Conserve, Syrup, Water, Electuary, or Powder, as every one may best frame themselves unto, or as the time or season requireth, taken any of the aforesaid ways. It helpeth the Jaundice, Falling sickness, the Palsie, Convulsions or shrinckling of the sinews, the Gout, and those that are inclined to Dropsies, those that have continual pains in their head, although it turn to Phrensie. The Powder mixed with pure Honey is no less available for all sorts of Coughs, or Colds, wheesling or thorowness of breath, distillation of thin Rheum upon the Lungs, which causeth Consumptions. The decoction made with Mead and a little Fennel, is good for those who are troubled with putrid Agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the Blood and humours that by falling into the eys do hinder the sight: the decoction thereof made in wine and taken, killeth the worms in the belly, openeth Obstructions both

Epidemical diseases, witchcraft, appetite, indigestion of stomach, belching, jaundice, falling sickness, palsie, convulsion, shrinking of the sinews, Gout, Dropsie, Frenzie, cough, Cold, shortness of breath, ages of all sorts, sore eys, Worms

Obstructions of the Liver and Spleen, stitches, pains in the back, belly, terms provokes, mother, childbirth, stone, toothach, venomous beasts, mad dogs wearines bleeding at mouth and nose, Pissing and spitting of blood, ruptures, Bruises, wounds, veins and sinews cut, ulcers, fistulaes, boils, Ears.

both of the Spleen and Liver, cureth stitches and pains in the back, or sides, the torments or griping pains of the bowels, and the winde-chollick; and mixed with Honey purgeth the belly, helpeth to bring down womens Courses, and is of especial use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of women in childbirth: it helpeth also to break and expell the stone either in the bladder or kidneys. The decoction with wine gargled in the mouth, easeth the tooth-ach. It is commended against the sting or biting of venomous serpents or mad dogs Being used inwardly, and applied outwardly to the place. A dram of the Pouder in Betony taken with a little Honey in some Vineger, doth wonderfully refresh those that are overwearied by travel; it stayeth bleedings at the mouth or nose, and helpeth those that piss or spit blood, or those that are burften or have a rupture, and is good for such as are bruised by any fall or otherwise. The green herb bruised, or the juyce applied to any inward hurt or outward green wound in the head or body will quickly heal or close it up, as also any vein or sinews that are cut; and will draw forth any broken bone or splinter, thorn or other thing gotten into the flesh: it is no less profitable for old sores, or filthy ulcers, yea, though they be fistulous and hollow: but some do advise to put in a little Salt to this purpose; being applied with a little Hogs lard, it helpeth a Plague-sore, and other boils and pushes: the fume of the decoction while it is warm received by a funnel into the ears, easeth the pains of them, destroyeth the worms, and cureth the running sores in them. The juyce dropped into them doth the same. The root of Betony is displeasing both to the taste and stomach, whereas the Leaves and flowers by their sweet and spicy taste, are comfortable both in Meat and Medicine.

There are some of the many virtues Antony Mu'a an expert Physician (for it was not the practice of Octavius Cæsar to keep fools about him) appropriates to Betony; it is a very precious herb that is certain and most fitting to be kept in a mans house both in Syrup, Conserve, Oyl, Ointment, and Plaister. The flowers are usually conserved.

The herb is appropriated to the Planet Jupiter, and the Sign Aries.

The Beech tree.

IN treating of this tree, you must understand that I mean the great Mast Beech; which is by way of distinction from that other small rough sort, called in Sussex, the small Beech; but in Essex, Hornbeam.

I suppose it needless to describe it, being already so well known to my Countreymen.

Plin.

Place. It groweth in woods amongst Oaks, and other trees, and in Parks, Forrests, and Chases, to feed Deer; and in other places to fatten Swine.

Time. It bloometh in the end of April, or beginning of May for the most part, and the fruit is ripe in September.

Virtues and Use. The Leaves of the Beech-tree are cooling and binding and therefore good to be applied to hot swellings to discuss them: the nuts do much nourish such beasts as feed thereon: the water that is found in the hollow places of decaying Beeches, will cure both man and beast of any scurf, scab, or running Tetters, if they be washed therewith. You may boil the Leaves into a Pultis, or make an Ointment of them when time of year serves.

Cools, binds, hot swellings, scurfs, scabs, tetters.

Bilberries: called also by some Whorts, and Whortle-berries,

Descriptions. OF these I shall onely speak of two sorts, which are commonly known in England, viz. The black and the red Bilberries. And first of the black.

This small bush creepeth along upon the ground, scarce rising half a yard high, with divers dark, small green Leaves set on the green branches, not always one against another, and a little dented about the edges: at the foot of the Leaves come forth small, hollow, pale, bluish-coloured flowers, the brims ending in five points, with a reddish thred in the middle which pass into small round berries of the bigness and colour of Juniper berries, but of a purple sweetish sharp taste; the juyce of them giveth a purplish colour to their hands and lips that eat and handle them, especially if they break them. The root groweth alloop under ground, shooting forth in sundry places as it creepeth: it loseth its leaves in winter.

The red Bilberry, or Whortle-bush, riseth up like the former, having sundry harder leaves, like the Box tree leaves, green and round pointed, standing on the several branches; at the tops whereof onely, and not from the sides as in the former, come forth divers round flowers of a pale red colour, after which succeed round, reddish sappy Berries when they are ripe, of a sharp taste: the root runneth in the ground, as the former; but the leaves of this abide all winter.

Place. The first groweth in Forrests, on the Heaths, and such like barren places: the red grows in the North parts of this Land, as Lancashire, Yorkshire, &c.

Time. They flower in March and April; and the fruit of the black is ripe in June and July.

Virtue and Use. The black berries are good in hot agues and to cool the heat of the Liver and stomach; they do somewhat binde the belly, and stay vomitings and loathings: the juyce of the berries made into a

Agues, stomach, Liver, vomiting, appetite, loss.

Cough, Phthisick, fluxes.

syrup or the Pulp made into a Conserve with Sugar, is good for the purposes aforesaid; as also for an old Cough or an Ulcer in the Lungs, or other disease therein. The red Whorts are more binding, and stop womens Courses, spitting of blood, or any other flux of blood or humours, being used as well outwardly as inwardly.

Bifoyl, or Twayblade.

Description. THis small herb from a root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having onely two broad Plantan-like leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place. It is a usual inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort growes in wet grounds and Marishes, which is somewhat differing from the former: it is a smaller Plant and greener, having sometimes three Leaves; the spike of flowers is less than the former, and the roots of this do run or creep in the ground.

They are much and often used by many to good purpose for wounds both green and old, and to consolidate and knit Ruptures.

The Birch-Tree.

Description. THis groweth a goodly tall straight Tree fraught with many boughes and slender branches bending downward; the old ones being covered with a discoloured chapped Bark, and the younger being browner by much: the Leaves at their first breaking out are crumpled, and afterward like the Beech leaves but smaller and greener, and dented about the edges: it beareth small short Catkins, somewhat like those of the Hazel-Nut-tree, which abide on the branches a long time, until growing ripe they fall on the ground, and their seed with them.

Place. It usually groweth in Woods.

Vertues. The juyce of the leaves while they are young, or the distilled water of them or the water that comes out of the Tree, being bored with an Auger and distilled afterwards; any of these being drunk for some time together, is available to break the Stone in the kidneys or bladder; and is good also to wash sore mouths.

Stone, sore mouths,

Birch

Birds-foot.

THis small herb groweth not above a span high, with many branches spread on the ground, set with many wings of small leaves; the flowers grow upon the branches, many small ones of a pale yellow colour being set at a head together, which afterwards turn into so many small joynted Cods with seeds in them; the Cods well resembling the Claws of small birds, whence it took its name.

There is another sort of Birds-foot in all things like the former but a little larger; the flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked and the roots do carry many small white knots or kernels amongst the strings.

Place. These grow on Heaths, and many open untilled places of this Land.

Time. They flower and seed in the end of Summer.

Virtues and Use. They are of a drying, binding quality, and thereby very good to be used in wound-drinks, as also to apply outwardly for the same purpose. But the latter Birds-foot is found by experience to break the Stones in the Back or Kidneys, and drive them forth, if the decoction thereof be taken, and it wonderfully helpeth the Rupture, being taken inwardly and outwardly applyed to the place. *Dryeth binds, wounds, stones, ruptures.*

All Salts have best operation upon the Stone, as Ointments and Plaisters have upon wounds and therefore if you may make a Salt of this for the Stone, the way how to do so may be found in my Translation of the London Dispensatory, and it may be I may give you again in plainer terms at the latter end of this book

Bishops weed.

Deseription. COmmon Bishops-weed riseth up with a round straight stalk, sometimes as high as a Man, but usually three or four foot high, beset with divers small, long, and somewhat broad leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbles of white flowers, which turn into small round brown seed, little bigger than Parsly-seed, of a quick hot scent and taste: the root is white and stringy, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

Place. It groweth wilde in many places in England and Wales, as between Green-heath and Gravesend. *Dizzy, Terms, provokes winde, cholick.*

Virtues. It digesteth humours, provoketh Urine and womens Courses, dissolveth Winde, and being taken in Wine easeth pains and gripings in the bowels and

is good against the biting of Serpents: It is used to good effect in those Medicines which are given to hinder the poysonfull operation of Cantharides upon the passages of the Urine. Being mixed with honey and applied to black and blue marks, coming of blows or bruises, it takes them away: and being drunk or outwardly applied, it abateth an high colour, and makes it pale: and the fumes thereof taken with Rozin, or Raisins cleanseth the Mother.

Venomous beasts, cantharides black and blue spots, high colour, mother.

It is hot and dry in the third degree, of a bitter taste, and something sharp withall; it provokes Lust to purpose; I suppose Venus owns it.

Bistort or Snake-weed.

Descript. This hath a thick, short, knobbed root, blackish without, and somewhat reddish within, a little crooked or turned together, of a harsh astringent taste with divers black threds hanging there, from whence spring up every year divers leaves standing upon long foot-stalks, being somewhat broad and long like a Dock-leaf, and a little pointed at the ends, but that it is of a bluish green colour on the upper side, and of an Ash colour gray, and a little purplish underneath with divers veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked and without leaves, or with very few and narrow, bearing a spiky bush of pale flesh coloured flowers, which being past, there abideth small seed, somewhat like unto Sorrel seed, but greater.

There are other sorts of Bistort, growing in this Land, but smaller both in height, root, and stalks and especially in the leaves; the root blackish without, and somewhat whitish within, of an austere binding taste as the former.

Place. They grow in shadowy moist woods, and at the foot of hills, but are chiefly nourished up in Gardens. The narrow leaved Bistort groweth in the North, in Lancashire, Yorkshire, and Cumberland.

Poyson, plague, small pox, measles, purples, epidemical diseases, inward bleeding, flux, vomiting, ruptures, Jaundice, venomous beasts.

Time. They flower about the end of May, and the seed is ripe about the beginning of July.

Virtues and Use. Both the leaves and roots have a powerfull faculty to resist all poyson: the root in powder taken in drink expelleth the venom of the Plague, the small Pox, Measles, Purples, or any other infectious Disease, driving it out by sweating: the root in powder, or the decoction there of in wine, being drunk, stayeth all manner of inward bleedings, or spittings of blood, and any fluxes in the body of either man or woman or vomitings; it is also very available against Ruptures or Burstings, or all bruises or falls, dissolving the congealed blood, and ease the pains that happen thereupon, it also helpeth the Jaundice. The water distilled from both leaves and roots, is a singular remedy to wash any place bitten or stung by any venomous creature;

creature; as also for any of the purposes before spoken of.

And is very good to wash any running sores or ulcers. The decoction of the root in wine being drunk, hindreth Abortion or miscarriage in child-bearing. The leaves also kill the worms in Children, and is a great help for them that cannot keep their water if the juyce of Plantane be added thereto. And outwardly applyed, much helpeth the Gonorrhea, or running of the Reins. A dram of the pouder of the Root taken in the water thereof, wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto so as the body be first prepared and purged from the offensive humours. The leaves, seed, or roots are all very good in decoctions. Drinks, or Lotions, for inward or outward wounds, or other sores: and the pouder strewed upon any wound or cut in a vein, stayeth the immoderate bleeding thereof. The decoction of the roots in water, whereunto some Pomegranate pills and flowers are added, injected into the matrix stayeth the access of humours to the ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate flux of the Courses. The root hereof with Pellitory of Spain, and burnt Allum of each a like quantity, beaten small and made into Paste with some Honey, and a little piece thereof put into a hollow Tooth or held between the teeth if there be no hollowness in them, stayeth the defluxion of Rheum upon them, which causeth pains, and helps to cleanse the head, and avoid much offensive water. The distilled water is very effectual to wash sores or Cankers in the Nose or any other part, if the pouder of the root be applied thereunto afterwards. It is good also to fasten the Gums, and to take away the heat and inflammations that happen in the jaws, almonds of the throat or mouth, if the decoction of the leaves, roots, or seeds be used, or the juyce of them; but the roots are most effectual to all the purposes aforesaid.

Ulcers, Abortion, Worms, Diabites, Running of the Reins, wounds, Bleeding, Matrix, Terms, stops. Toothach, Head, Cankers, Gums, inflammations, almonds of the ears,

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One-Blade.

Description. THis small plant beareth more than one leaf, but onely when it riseth up with its stalk which thereon beareth another, and seldom more which are of a bluish green colour, broad at the bottom, and pointed with many ribs or veins like Plantane: at the top of the stalk grow many small white flowers star-fashion smelling something sweet: after which come small reddish berries when they are ripe. The root is small, of the bigness of a Rush, lying and creeping under the upper crust of the earth, shooting forth in divers places.

Place. It groweth in moist, shadowy, grassie places of woods in many places of this Realm.

Time. It flowreth about May, and the berries be

ripe in June, and then quickly perisheth until the next year it springeth from the same again.

Virtues. Half a dram, or a dram at most of the roots hereof in powder, taken in Wine and Vinegar of each a like quantity, and the party presently laid to sweat, is held to be a sovereign remedy for those that are infected with the Pestilence and have a sore upon them, by expelling the poyson, and defending the heart and spirits from danger: It is also accounted a singular good wound herb, and therefore used with other herbs in making such Balms as are necessary for the curing of wounds, either green or old, and especially if the nerves or sinews be hurt.

Pestilence, wounds, nerves, hurt.

The Bramble or Black-berry-bush.

THis is so well known that it needeth no description. The Virtues thereof are as followeth.

Virtues and Use. The buds leaves, and branches, while they are green, are of good use in the ulcers and putrid sores of the mouth and throat, and for the Quinsie; and likewise to heal other fresh wounds and sores; but the flowers and fruit unripe are very binding, and so profitable for the bloudy-flux, Lasks, and are a fit remedy for spitting of bloud. Either the decoction or pouder of the Root being taken is good to break or drive forth gravel, and the Stone in the Reins and kidneys. The Leaves and Brambles as well green as dry, are excellent good Lotions for sores in the mouth or secret parts: the decoction of them and of the dried branches, do much bind the belly, and are good for the too much flowing of womens Courses: the berries or the flowers are a powerful remedy against the poyson of the most venomous Serpents, as well drunk as outwardly applied, helpeth the sores of the fundament, and the Piles. The juyce of the berries mixed with juyce of mulberries, doth more effectually, and help fretting and eating sores and ulcers wheresoever. The distilled water of the branches, leaves and flowers, or of the fruit, is very pleasant in taste, and very effectual in Feavers, and hot distempers of the body, head, eyes, and other parts, and for all the purposes aforesaid. The leaves boiled in Ly, and the head washed therewith, healeth the Itch, and the running sores thereof, and maketh the hair black. The pouder of the Leaves strewed on cankrous and running ulcers, doth wonderfully help to heal them. Some use to condense the juyce of the leaves, and some the juyce of the berries to keep for their use all the year, for the purposes aforesaid.

Ulcers, sores, quinsie, wounds, flux, bloudy flux, spitting bloud, gravel, stone, secrets, scurfs, stops, poyson, venomous beasts, fundament, Piles, Feavers, Head, Eyes, itch, scabby heads.

It is a plant of Venus in Aries: you shall have some directions at the latter end of the Book for the gathering of all herbs and plants &c. If any ask the reason why Venus is so prickly? Tell them it is because she is in the house of Mars.

Blites,

Blites.

Description. OF these there are two sorts commonly known, viz. White and Red. The white hath leaves somewhat like unto Beets, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk; the stalk riseth up two or three foot high with such like leaves thereon; the flowers grow at the top in long round tufts or clusters, wherein are contained small and round seed. The Root is very full of threds or strings.

The red Blite is in all things like the white, but that his leaves and tufted heads are exceeding red at first, and after turn more purplish

There are other kindes of Blites which grow wilde, differing from the two former sorts but little, onely the wilde are smaller in every part.

Place. They grow in Gardens, and wilde in many places of this Land.

Time. They seed in August and September.

Virtues and Use. They are all of them cooling, drying and binding, serving to restrain the fluxes of bloud in either man or woman, especially the red; which also stayeth the overflowing of womens Reds, as the white Blite stayeth the Whites in women. It is an excellent secret, you cannot well fail in the use; they are all under the Dominion of Venus. *Reds and Whites in women.*

There is one other sort of wilde Blites, like the other wilde kindes, but having long and spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the fishes are delighted with, and it is a good and usual bait: for fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

Borrage and Bugloss.

THese are so well known to be Inhabitants in every Garden that I hold it needless to describe them

Time. They flower in June and July, and the seed is ripe shortly after

Virtues and Use. They are very cordial. The leaves or roots are to very good purpose used in putrid and pestilential Feavers, to defend the heart, and help to resist and expell the poyson or the venome of other creatures; the seed is of the like effect; and the seed and leaves are good to increase milk in womens breasts: the leaves, flowers, and seed, all, or any of them are good to expell pensiveness and melancholly: it helpeth to clarifie the bloud, and mitigate heat in Feavers. The juice made into a Syrup prevaileth much to all the purposes aforesaid, and is put with other cooling, opening, cleansing herbs, to open obstructions, and help the yellow Jaundice, and mixed with Fumitory, to *Feavers, pestilence, poyson, venomous beasts, milk in Nurses, melancholly, ill bloud, yellow Jaundice,*

Itching, ring-worms, tetters, scabs, weakness by long sickness, consumption, swowning, inflammations, ulcers, sore mouths & throats cough, phlegm.

cool, cleanse, and temper the blood, thereby it helpeth the Itch, Ring-worms, and Tetters, or other spreading scabs or sores. The flowers candied, or made into a Conserve, are helping in the former causes, but are chiefly used as a Cordial, and is good for those that are weak with long sickness, and to comfort the heart and spirits of those that are in a consumption or troubled with often swownings or passions of the heart: the distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammation of the eys being washed therewith: the dryed herb is never used, but the green; yet the ashes thereof boiled in Mead, or honeyed water is available against Inflammations and Ulcers in the mouth or throat, to wash and gargle it therewith. The roots of Bugloss are effectual, being made into a licking Electuary, for the Cough, and to condensate thin flegm, and rheumatick distillations upon the Lungs.

They are both herbs of Jupiter, and under Leo, both great Cordials, great strengthners of Nature.

Bluebottles.

THese are so well known generally unto my Countreymen to grow among their Corn, that I suppose it needless to write any description thereof: there are other kindes which I purposely omit, both in this and others, my intent being to insist most principally upon the vulgarly known and commonly growing flowers and herbs.

Time. They flower and seed in the Summer moneths.

Bruises, broken veins, Poyson, plague, epidemical diseases, wounds, ulcers, Inflammations in the eye.

Vertues and Use. The pouder or dried leaves of the Blubottle or Corn-flower is given with good success to those that are bruised by a fall or have broken a vein inwardly, and void much blood at the mouth, being taken in the water of Plantane, Horstail, or the greater Centry. It is a remedy against the poyson of the Scorpion, and resisteth all other venoms or poysons: the Seed or Leave, then in Wine is very good against the Plague, and all infectious diseases, and is very good in pestilential Feavers. The juyce put into fresh or green wounds doth quickly solder up the lips of them together, and is very effectual to heal all Ulcers and sores in the mouth: the juyce dropped into the eye, taketh away the heat and inflammation in them. The distilled water of the herb hath the same properties, and may be used for all the effects aforesaid.

Briony or Wilde Vine.

Description.

THe common white Briony groweth ramping upon the hedges, sending forth many long, rough, very tender branches at the beginning, with many

many very rough broad Leaves thereon, cut (for the moſt part) into five partitions, in form very like a Vine leaf, but ſmaller, rougher, and of a whitiſh or hoary green colour, ſpreading very far, ſpreading and twining with his ſmall claſpers (that come forth at the joynts with the Leaves) very far on whatſoever ſtandeth next it: at the ſeveral joynts alſo (eſpecially towards the top of the branches) cometh forth a long ſtalk bearing many whitiſh flowers together in a long tuft, conſiſting of five ſmall Leaves apiece, laid open like a ſtar, after which come the berries, ſeparated one from another more than a cluſter of Grapes, green at the firſt, and very red when they are through ripe, of no good ſcent but of a moſt loathſom taſte provoking vomit: the root groweth to be exceeding great, with many long twines or branches growing from it of a pale whitiſh colour on the outſide, and more white within, and of a ſharp bitter loathſom taſte.

Place. It groweth on banks, or under hedges, through this Land, the roots lie very deep.

Time. It flowreth in July, and Auguſt, ſome earlier and ſome later than others.

Virtues and Uſe. The roots of the Briony purge the belly with great violence, troubling the ſtomach, and hurting the Liver, and therefore not raſhly to be taken but being corrected is very profitable for the diſeaſes of the head, as falling ſickneſs, giddineſs, and ſwimmings by drawing away much flegm and rheumatick humours that oppreſs the head, as alſo the joynts and ſinews, and is therefore good for Palſies Convulſions Cramps, and ſtitches in the ſides and the Dropſie; and in provoking Urine, it cleanſeth the Reins and Kidneys from gravel and the ſtone, by opening the obſtructions of the Spleen, and conſumeth the hardneſs and ſwellings thereof. The decoction of the root in Wine drunk once a week at going to bed, cleanſeth the Mother, and helpeth the riſing thereof, expelleth the dead childe, and after birth, but is not to be uſed by women with childe for fear of abortion: a dram of the root in pouder taken in white Wine bringeth down their Courſes. An Electuary made of the Roots and Honey, doth mightily cleanſe the Cheſt of rotten flegm and wonderfully help an old ſtrong Cough, thoſe that are troubled with ſhortneſs of breath, and is very good for them that are bruiſed inwardly, to help to expell the clotted or congealed bloud. The Leaves, Fruit, and Root, do cleanſe old and filthy ſores, are good againſt all freting and running Cankers, Gangrenes, and Tetters, and therefore the berries are by ſome country people called Tetter-berries. The root cleanſeth the ſkin wonderfully from all black and blue ſpots freckles morphew, Leproſie, foul ſcars, or other deformity whatſoever: as alſo all running ſcabs, and mangineſs are healed by the pouder of the dried root, or the juyce thereof, but eſpecially by the fine white hardned juyce: the diſtilled water of the roots worketh

Falling ſickneſs, vertigo, flegm, palſies, convulſion, cramp, ſtitches dropſie, gravel, Stone, obſtructions, womb, mother dead childe, after-birth, cough, ſhortneſs of breath, ſores, cankers, gangrenes ſeters, ring-worms, black ſpots, freckles, morphew Leproſie.

Broken bones, splinters, thorns, whitlows, or nail-wheals, or Anticomes.

worketh the same effects but more weakly. The root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little wine mixed therewith, it breaketh boils, and helpeth Whitlows on the joynts.

For all these latter beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you, you shall finde in my Translation of the London Dispensatory, among the Preparations at latter end, a Medicine called Fœcula Britonica, take that and use it, you have the way there how to make it, and mix that with a little Hogs grease, or other convenient Ointment and use it at your need.

As for the former diseases, where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most countrey people have, therefore it is a better way for them (in my opinion) to let the Simple alone, and take the Compound Water of it, mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

Brooklime.

Descri-ption. THis sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks round and hairy with some branches on them, somewhat broad, round, deep green, and thick Leaves set by couples thereon, from the bosom whereof shoot forth long foot-stalks with sundry small blue flowers on them that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler blue colour.

Place. They grow in small standing Waters, and usually near Water-cresses

Bloud purgeth, all humours, scurvy, dissury, stone, worms provokes, dead childe, swellings, inflammations.

Time. They flower in June and July, giving seed the next moneth after.

Vertues and Use. Brooklime and Water-cresses are generally used togther in Diet-drinks with other things, serving to purge the bloud and body from all ill humours that would destroy health and are helpful for the Scurvy; they do also provoke Urine, and help to break the stone, and pass it away; they procure Womens Courses, and expell the dead childe. Being fried with Butter and Vinegar, and applied warm, it helpeth all manner of Tumours or Swellings, and Inflamations.

Such drinks ought to be made of sundry herbs according to the malady offending. I shall give a plain and easie Rule at the latter end of the Book.

Butcher

Butchers Broom.

Description. THe first shoots that sprout from the Root of Butchers Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: these rising up to be a foot and an half high are spread into divers branches, green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, sharp and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together, about the middle of the Leaf, on the back, or lower side from the middle Rib, breaketh forth a small whitish green flower, consisting of four small round pointed Leaves standing upon little or no foot-stalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained: the Root is thick, white, and great at the head, and from thence sendeth forth divers thick, white, long, tough strings.

Place. It groweth in Copses, and upon Heaths, and waste grounds, and oftentimes under or near the Holly-bushes.

Time. It shooteth forth his young buds in the Spring, and the Berries be ripe in or about September, the branches and Leaves abiding green all the winter.

Virtues and Use. The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urine, helpeth to expell Gravel and the Stone, the Strangury, and womens Courses, as also the yellow Jaundice, and the headach; and with (some Honey or Sugar put thereunto) cleanseth the breast of flegm, and the Chest of much clammy humours gathered therein. The decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and consolidating broken bones and parts out of joynt.

Obstructions, disury, gravel, stone, Strangury. Terms provokes yellow jaundice, head ach, flegm, broken bones, dislocations.

It is called Bruscus in some places, and in Sussex Kneeholly, and Kneeholm. The common way of using it is to boyl the Roots of it and Parsly, and Fennel, and Smallage in white Wine, and drink the decoction, adding the like quantity of Grass-roots to them; the more of the Roots you boyl, the stronger will the decoction be, it works no ill effects, yet I hope you have wit enough to give the strongest decoction to the strongest bodies.

Broom and Broomrape.

TO spend time in writing a description hereof is altogether needless, it being so generally used by all the good Huswives almost through this Land to sweep their houses with, and therefore very well known to all sorts of people.

The Broomrape ſpringeth up in many places from the Roots of the Broom (but more often in fields) by Hedge-ſides, and on Heaths) the ſtalk whereof is of the bigneſs of a finger or thumb, above two foot high, having a ſhew of Leaves on them, and many flowers at the top, of a deadiſh, yellow colour, as alſo the ſtalks and Leaves are.

Place. They grow in many places of this Land commonly, and as commonly ſpoyl all the Land they grow in.

Time. And flower in the Summer moneths, and give their ſeed before Winter.

Virtues and Uſe. The juyce, or Decoction of the young branches, or ſeed, or the pouder of the ſeed taken in drink, purgeth downwards, and draweth flegmatick, and watery humours from the joynts, whereby it helpeth the Dropſie, Gout, Sciatica, and the pains in the hips and joynts: it alſo provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, cleanſeth alſo the Reins, or Kidneys, and Bladder of the Stone, provoketh Urine abundantly, and hindereth the growing again of the Stone in the body. The continual uſe of the pouder of the Leaves and Seed doth cure the black Jaundice: the diſtilled waters of the flowers is profitable for all the ſame purpoſes; it alſo helpeth Surfet, and alſo altereth the fits of Agues, if three or four Ounces thereof, with as much of the water of the leſſer Centaury, and a little Sugar put therein, be taken a little before the fit cometh, and the party be laid down to ſweat in their bed. The Oyl or water that is drawn from the ends of the green ſticks heated in the fire, helpeth the Tooth-ach. The juyce of the young branches made into an Oyntment of old hogs greaſe and anointed, or the young branches bruiſed and beaten in Oyl or hogs greaſe, and laid to the ſides pained by winde, as in ſtitches, or the Spleen, eaſeth them in once or twice uſing it: the ſame boyled in Oyl is the ſafeſt and ſureſt Medicine to kill Lice in the head or body of any; and is an eſpecial remedy for joynt-aches, and ſwollen knees that come by the falling down of humours.

Flegm, joynts, Dropſie, ſides, ſpleen, bladder, Kidneys, Reins, diſury, black jaundice, Ague.

Tooth-ach.

Winde, ſtitches, Lice.

The Broomrape alſo is not without his virtues.

The Decoction thereof in Wine is thought to be ſo effectual to avoid the ſtone in the Kidneys and bladder and to provoke Urine, as the Broom it ſelf: the juyce thereof is a ſingular good help to cure as well green Wounds, as old and filthy Sores, and malignant Ulcers. The inſolate Oyl wherein there hath been three or four Repetitions of Infuſion of the top-ſtalks with flowers ſtrained and cleared, cleanſeth the ſkin of all manner of ſpots, marks, and freckles that ariſe either by the heat of the Sun, or the malignity of humours.

Stone, diſury, green wounds.

As for the Broom (for as yet I know not what to ſay to Broomrape in the buſineſs) but as for Broom, Mars owns it, and it is exceeding prejudicial to the Liver. I ſuppoſe by reaſon of the antipathy between Jupiter and

and Mars, therefore if the Liver be disaffected, administer none of it.

Bucks-horn Plantane.

Deſcription. THis being ſown of ſeed, riſeth up at the firſt with ſmall, long, narrow hairy green Leaves like graſs, without any diviſion of gaſh in them; but thoſe that follow are gaſhed in, on both ſides the leaves into three or four gaſhes, and pointed at the ends, reſembling the Knags of a Bucks-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another thereby reſembling the form of a Star: from amongſt which riſe up divers hairy ſtalks, about a hand-breadth high, bearing every one a ſmall long ſpiky head like to thoſe of the common Plantane, having ſuch like bloomings and ſeed after them. The Root is ſingle, long, and ſmall, with divers ſtrings at it.

Place. They grow in dry ſandy grounds, as in Turtle-fields by Weſtminſter, and divers other places of this Land.

Time. They flower and ſeed in May, June, and July, and their green Leaves do in a manner abide freſh all the Winter.

Virtues and Uſe. This boyled in Wine and drunk, and ſome of the Leaves applied to the hurt place, is an excellent remedy for the biting of the Viper or Adder, which I take to be one and the ſame: the ſame being alſo drunk helpeth thoſe that are troubled with the ſtone in the Reins or Kidneys by cooling the heat of the parts afflicted, ſtrengthning them: as alſo weak ſtomachs that cannot retain but caſt up their Meat. It ſtayeth all bleedings at mouth and noſe, bloody Urine, or the bloody flux, and ſtoppeth the Lask of the belly and bowels. The Leaves hereof bruiſed and laid to their ſides that have an Ague, ſuddenly eaſeth the fit: and the Leaves and Roots beaten with ſome Bay-ſalt, and applied to the wriſts, worketh the ſame effects. The Herb boyled in Ale or Wine, and given for ſome mornings and evenings together, ſtayeth the diſtillations of hot and ſharp Rheums falling into the eyes from the head, and helpeth all ſorts of ſore eyes.

Venus challengeth the dominion of this Herb.

Venomous beaſts, Sores, ſtomach, vomiting, bleeding, piſſing bloud, flux, bloudy flux, Aques, Eyes.

Bugle.

Deſcription. THis hath larger Leaves than thoſe of the Sellheal, but elſe of the ſame faſhion, or rather a little longer, in ſome green on the upper ſide, and in others more brownish, dented about the edges, ſomewhat hairy, as the ſquare ſtalk is alſo, which riſeth up to be half a yard high ſometimes, with the Leaves ſet by couples, from the middle almoſt whereof upwards

stand the flowers together, with many smaller and browner Leaves than the rest on this stalk below, set at distances; and the stalk bare between them, among which flowers are also small ones of a bluish and sometimes of an Ash-colour, fashioned like the flowers of the Ground-Ivy, after which come small, round, black seed. The root is composed of many strings and spreadeth upon the ground in divers parts round about.

The white-flowered Bugle differeth not in form or greatness from the former, saving that the Leaves and stalks are always green, and never brown like the other, and that the flowers thereof are very white.

Place. They grow in Woods, wet Copses, and fields generally throughout England; but the white flowered Bugle is not so plentifull as the other.

Time. They flower from May until July, and in the mean time perfect their seed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

Virtues and Use. The Decoction of the Leaves and flowers made in Wine, and taken dissolveth the congealed blood in those that are bruised inwardly by a fall or otherwise, and is very effectual for any inward wounds, thrusts or stabs into the body or bowels, and is an especial help in all wound-drinks, and for those that are Liver-grown (as they call it. It is wonderfull in curing all manner of Ulcers, and Sores, whether new and fresh, or old and inveterate, yea, Gangrenes and Fistulaes also, if the Leaves bruised be applied, or their juyce used to wash and bath the places. And the same made into a Lotion with some Honey and Allum, cureth all sores of the mouth or gums, be they never so foul, or of long continuance; & worketh no less powerfully and effectually for such Ulcers and Sores as happen in the secret parts of men or women: being also taken inwardly, and outwardly applied, it helpeth those that have broken any bone, or have any member out of joynt. An Oyntment made with the Leaves of Bugle, Scabious and Sanicle bruised and boiled in Hogs grease untill the Herbs be dry, and then strained forth into a Pot, for such occasions as shall require it, is so singular good for all sorts of hurts in the body, that none that know its usefulness will be without it.

Bruises, falls, Wounds, scabs, Ulcers, Liver-grown, Gangrenes, Fistulaes, Sore Mouths, Gums, sores in the secrets, broken bones.

This Herb is belonging to Dame Venus, and if the virtues make you in love with it, (as they will if you be wise) keep a Syrup of it to take inwardly, and an Oyntment and Plaister of it to use outwardly always by you.

The truth is, I have known this Herb cure some diseases of Saturn, of which I thought good to quit-rase. Many times such as give themselves much to drinking are troubled with strange fancies, strange sights in the night-time, and sore with voices, as also with the disease Ephialtes, or the Mare. I take the reason of this to be according to Fernelius a melancholly vapour made thin by excessive drinking strong Liquour, and flies up and disturbs the fancie, and breeds imaginations like it self.

Mares, Strange sights in the night.

self, viz. fearfull and troublesome: these I have known cured but taking onely two spoonfuls of the Syrup of this herb, after supper two hours when you go to bed. But whether this cure it by sympathy or antipathy is some question, all that know any thing in Astrology, know that there is great antipathy between Saturn and Venus in matter of Procreation, yea such an one, that the barrenness of Saturn can be removed by none but Venus; nor the lust of Venus be repelled by none but Saturn: but I am not yet of opinion this is done this way; and my reason is because these vapours, though in quality melancholly, yet by their flying upward seem to be something aerial therefore I rather think it is done by sympathy, Saturn being exalted in Libra the house of Venus.

Self-heal which follows, is of the same nature, and I am of opinion the same herb, onely differs a little in form according to the difference of place they grow in; this I am sure, they work the same effect.

Burnet.

THe common garden Burnet is so well known, that it needeth no description: there is another sort which is wilde, the description whereof take as followeth

Description. The great wilde Burnet hath winged Leaves rising from the Roots like the garden Burnet, but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a greyish colour on the under side: the stalks are greater and rise higher with many such like Leaves set thereon, and greater heads at the tops, of a brownish green colour, and out of them come small dark purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: it hath almost neither scent nor taste therein, like the garden-kinde

Place. The first grows frequently in Gardens. The wilde kinde groweth in divers Countries of this Land, especially in Huntington and Northampton shires in the meadows there; as also near London by Pancras-Church, and by a Causey side in the middle of a field by Paddington.

Time. They flower about the end of June, and beginning of July, and their seed is ripe in August.

Virtues. They are accounted to be both of one property, but the lesser is more effectual, because quicker and more Aromatical: It is a friend to the Heart, Liver, and other the principal parts of mans body. Two or three of the stalks with Leaves put into a cup of Wine, especially Claret, are known to quicken the spirits, refresh and clear the heart, and drive away melancholly. It is a special help to defend the heart from poisom Vapours, and from infection of the Pestilence, the Juyce thereof being taken in some Drink, and the

Heart, liver, melancholly, pestilence, Epidemical disease

Bleeding stoppeth terms & whites, belching, vomiting wounds. Ulcers, Cankers, fluxes.

party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are available in all manner of fluxes of blood or humours, to stanch bleedings inward or outward, Lasks, scourings, the bloody flux, womens too abundant Courses, the whites, and the cholleric belching and castings of the stomach; and is a singular good wound-herb for all sorts of wounds both of the head and body, either inward or outward; for all old ulcers, or running Cankers and moist sores, to be used either by the Juyce or Decoction of the herb, or by the pouder of the herb or root, or the water of the distilled herb, or Ointment by it self, or with other things to be kept. The seed is also no less effectual both to stop fluxes and dry up moist sores, being taken in pouder inwardly in wine or steeled water, that is, wherein hot gads of steel have been quenched. Or the pouder of the seed mixed with the Ointments.

This is an herb the Sun challengeth dominion over, and is a most precious herb, little inferiour to Betony: the continual use of it preserves the body in health, and the spirits in vigour, for if the Sun be the preserver of life under God, his herbs are the best in the world to do it by.

The Butter Bur.

Description. THis riseth up in February, with a thick stalk about a foot high, whereon are set a few small Leaves, or pieces, and at the tops a long spiked head of flowers, of a blush or deep red colour, according to the soil wherein it groweth; and before the stalk with the flowers have abidden a month above ground, will be withered and gone, blown away with the winde, and the Leaves will begin to spring, which being full grown are very large and broad, being somewhat thin and almost round, whose thick red footstalks about a foot long stand towards the middle of the Leaves; the lower parts being divided into two round parts close and not one to another, and of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger in others much bigger, blackish in the outside, and white within, of a bitter and unpleasant taste.

Plagues epidemical diseases, Pestilence.

Place and Time. They grow in low and wet grounds by Rivers and Waters side: their flowers appear rising and decaying in February and March, before the Leaves which appear in April.

Virtues and Use. The Roots hereof are by long experience found to be very available against the Plague and Pestilential Feavers, by provoking sweat, if the pouder thereof be taken in Wine, it also resisteth the force of any other poyson. The Root hereof taken with Zedoary and Angelica or without them, helps the

ring of the Mother: the decoction of the Root in Wine is singular good for those that wheeze much, or are short winded. It provoketh Urine also and womens Courses, and killeth the flat and broad worms in the belly. The powder of the root doth wonderfully help to dry up the moisture of sores that are hard to be cured, and taketh away all spots and blemishes of the skin. *Mothers wheezing & shortness of breathing, dryeth sores, killeth flat and broad worms, blemishes of the skin.*

It were well if Gentlewomen would keep this Root preserved to help their poor neighbours: It is fit the Rich should help the Poor, for the Poor cannot help themselves.

The Bur-Dock.

It is so well known even to the little boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any description of it.

Place. They grow plentifully by ditches and waters sides and by the high-ways almost every where through this Land.

Virtues and Use. The Bur-leaves are cooling, moderately drying and discussing withall, whereby it is good for old ulcers and sores: a draught of the Roots taken with Pure Vernis helpeth them that spit foul mattery, and thin rheum: the Leaves applied on the places troubled with the shrinking of the sinews or arteries, give much ease: the juyce of the leaves, or rather the Roots themselves given to drink with old Wine doth wonderfully help the bitings of any Serpents: and the Roots beaten with a little salt, and laid on the places, sufficiently easeth the pain thereof, and helpeth those that are bit with a mad dog. The juyce of the leaves taken with Honey provoketh Urine, and remedieth the pain of the bladder. The seed being drunk in wine forty days together, doth wonderfully help the Sciatica. The leaves bruised with the white of an Egg, and applied to any place burnt with fire, gives sudden ease, and heals it up after a while. The Decoction of them fomented on any fretting sore or Cankers stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same liquor, Hogs-grease, Nitre, and Vinegar boyled together. The Roots may be preserved with sugar, and taken fasting, or at other times for the said purposes, and for Consumption of the Stone, and the like. The seed is much commended to break the Stone, and cause it to be expelled by Urine, and is often used with other seeds and things to that purpose.

Cools, dryes, sores, gum, sinews, arteries, easeth pain, mad dogs, mattery, bloat, sciatica, Ear-ache, sores, Cankers. Consumption, stone, Elix.

Virtues. Challengeth this herb for her own, and by its Leaf or Seed you may draw the worm which way you please, either upward, by applying it to the Crown of the head, if inclose it fall out at the Nostrils of the Mother, by applying it to the Soals of the feet; or if you would draw it in its place, apply it to the Navel and it will go down: pray the childe in its Sute more of it in my Guide for Women.

Cab-

Cabbages and Coleworts.

I shall spare a labour in writing a description of these, with almost every one that can but write at all may describe them from his own knowledg, they being generally so well known, that descriptions are altogether needless.

Place. These are generally planted in Gardens.

Time. Their flowering time is towards the middle or end of July, and the seed is ripe in August.

Virtues and Use. The Cabbages or Coleworts boiled gently in Broth and eaten, do open the body, but the second Decoction doth binde the body. The juyce thereof drunk in Wine helpeth those that are bitten by an Adder, and the decoction of the flowers bringeth down womens Courses. Being taken with Honey, it recovereth hoarsness or loss of the voice. The often eating of them well boiled, helpeth those that are entring into a Consumption. The Pulp or middle ribs of Coleworts boiled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are purse and short-winded. Being boiled twice, and an old Cock boiled in the broth and drunk, it helpeth the pains and Obstructions of the liver and Spleen, and the Stone in the Kidneys. The juyce boiled with honey and dropped into the Corner of the eye cleareth the sight, by consuming any film or cloud beginning to dim it, it also consumeth the Canker growing therein. They are much commended being eaten before meat, to keep one from surfetting, as also from being drunk with two much Wine or quickly make a man sober again that was drunk before. For (as they say) there is such an antipathy or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm: it helpeth also old and filthy sores being washed therewith, and healeth all small scabs, pushes, and wheals, that break out in the skin. The ashes of Colewort stalks mixed with old Hogs grease are very effectual to anoint the sides of those that have long pains therein, or any other place pained with melancholy and windy humours.

Venomous beasts stings provokes, hoarseness, consumption.

Obstructions, Stone, sight, canker, surfets.

Swellings, gout, scabs, wheals.

Melancholy, winde.

This was surely Chrysippus his god, and therefore he wrote a whole Volume of them and their virtues, and that none of the least neither, for he would be no small fool, for he appropriates them to every part of the body, and to every disease in every part, and honest old Cato they say used no other Physick, I knew not what metalls their bodies were made of, this I am sure, Cabbages are extreme windy whether you take them as Meat, or as Medicine, yea, as windy meat as can be eaten, unless you eat Bag-pipes or Bellows, and they are but seldom eaten in our days, and Colewort

flowers

flowers are something more tolerable, and the wholesomer food of the two.

The Moon challengeth the dominion of this herb.

The Sea Colewort.

Description. THis hath divers, somewhat long and broad, large, thick, wrinkled Leaves somewhat crumpled upon the edges, growing each upon a several thick foot-stalk very brittle, of a greyish green colour. From among which riseth up a strong thick stalk two foot high and better, with some Leaves thereon to the top, where it brancheth forth much; and on every branch, handeth a large bush of pale whitish flowers, consisting of four Leaves apiece: the Root is somewhat great, and shooteth forth many branches under ground, keeping the green Leaves all the Winter.

Place. They grow in many places upon the Sea-Coasts, as well on the Kentish, as Essex shores, as at Lidd in Kent, Colchester in Essex, and divers other places, and in other Countries of this Land.

Time. They flower and seed about the time that other kindes do.

Virtues. The Broth or first Decoction of the Sea-Colewort doth by the sharp nitrous and bitter qualities therein, open the belly, and purge the body, it cleanseth and digesteth more powerfully than the other kinde: the seed hereof bruised and drunk, killeth Worms. The Leaves or Juyce of them applied to Sores or Ulcers cleanseth and healeth them, and dissolveth swellings, and taketh away inflammations. *Sores, wounds, ulcers, swellings, inflammations,*

Calamint. or Mountain Mint.

Description. THis is a small herb seldom rising above a foot high, with square hoary and woody stalks, and two small hoary Leaves set at a joynt, about the bigness of Majoram, or not much higher, a little dented about the edges, and of a very fierce or quick scent, as the whole herb is: the flowers stand at several spaces of the stalks from the middle almost upwards which are small and gaping like to those Mints, and of a pale blush colour, after which follow small, round, blacking seeds: the Root is small and woody, with divers small sprigs spreading within the ground, and dieth not, but abideth many years.

Place. It groweth on Heaths, and up-land dry grounds, in many places of this land.

Time. They flower in July, and their seed is ripe quickly after,

Virtues and Use. The decoction of the herb being drunk, bring down womens Courses, and provoketh Urine: it is profitable for those that are bursten, or troubled with Convulsions or Cramps, with short- *Terms provokes disury, ruptures convulsion, cramps,*

Shortness of breath, jaundice, vomiting, worms, leprosie, serpents, black and blue marks, scars, sciatica,

ness of breath, or chollerick torments, and pains in their bellies or stomachs, it also helpeth the yellow Jaundice, and stayeth vomiting, being taken in Wine; taken with Salt and Honey, it killeth all manner of Worms in the body: it helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green herb outwardly applied: it hindreth Conception in women: being either burned, or strewed in the Chamber, it driveth away venomous Serpents. it takes away black and blue marks in the face, and maketh black scars become well coloured, if the green herb (not the dry) be boiled in Wine, and laid to the place, or the place washed therewith. Being applied to the Huckleborne, by continuance of time it spendeth the humours which caused the pain of the Sciatica. The juyce dropped into the ears killeth the Worms in them: the Leaves boiled in Wine and drunk provoketh sweat and openeth Obstructions of the Liver and Spleen; it helpeth them that have a tertian Ague) the body being first purged) by taking away the cold fits. The Decoction hereof with some Sugar put thereon afterwards, is very profitable for those that are troubled with the overflowing of the Gall, that have an old Cough, and are scarce able to breath by the shortness of their winde: that have any cold distemper in their bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the Powder called Dracalamintes and the common Syrup of Calamint (which are to be had at the Apothecaries) are most effectual.

Obstructions of the Liver and Spleen, tertian Ague, gaul, cough, bowels, spleen.

Stitches in the side.

Let not women be too busie with it, for it works very violently upon the feminine parts.

against

Chamomel.

THis is so well known every where, that it is but lost time and labour to describe it. The virtues thereof are as followeth.

A Decoction made of Chamomel and drunk, taketh away all pains and stitches in the sides. The flowers of Chamomel beaten and made up into balls with Oyl driveth away all sorts of Agues; if the party grieved be anointed with that Oyl taken from the flowers, from the crown of the head, to the soal of the foot, and afterwards laid to sweat in his bed, and that he sweat well: this is Nicheflor an Egyptians Medicine. It is profitable for all sorts of Agues that come either from flegm or melancholly, or from an inflammation of the bowels, being applied when the humours causing them shall be concocted; and there is nothing more profitable to the sides and region of the Liver and Spleen than it. The bathing with a decoction of Chamomel taketh away wearinels, easeth pains to what Part of the body soever they be applied: it comforteth the sinews that are overstrained, mollifieth all swellings: it moderately comforteth all parts that have need of warmth,

Livers, spleen, wearinels, sinews, swellings.

warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderfull speedy property. It easeth all the pains of the Chollick and stone, and all pains and torments of the belly, and gently provoketh Urine. The flowers boyled in Posset-drink provoketh sweat, and helpeth to expell colds, aches, and pains, wheresoever, and is an excellent help to bring down womens Courses. A Syrup made of the juyce of Chamomel with the flowers, and white Wine, is a remedy against the Jaundice and Dropsie. The flowers boyled in a Ly, are good to wash the head, and comfort both it and the brain. The Oyl made of the flowers of Chamomel is much used against all hard swellings, pains, and aches, shrinking of the sinews, or Cramps, or pains in the joynts or any other part of the body; being used in Glisters, it helpeth to dissolve winde, and pains in the belly; anointed also it helpeth stitches, and pains in the sides.

choBicke stone belly-ache Cold, Ach.

jaundice, dropsie brain, Cramps, stitch in the side.

Nicheflor saith the Egyptians dedicated it to the Sun, because it cured Agues; and they were like enough to do it, for they were the arranteſt Apes in their Religion that ever I read of. Bacchinus, Pena, and Lobel commend the Syrup made of the juyce of it and Sugar, taken inwardly, to be excellent for the Spleen. Also this is certain, that it most wonderfully breaks the Stone, some take it in Syrup or Decoction, others inject it into the bladder by a Syringe, my opinion is, that the salt of it taken half a dram in a morning, in a little white and Rhenish Wine is better than either, that it is excellent for the stone appears by this which I have seen tried, viz. That a stone that hath been taken out of the body of a man being wrapped in Chamomel will in time dissolve, and in a little time too.

Campions wilde.

Deſcri-ption. THe white wilde Campion hath many long, and somewhat broad dark green Leaves, lying upon the ground, with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long: the hairy stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and two such like Leaves thereat up to the top, sending forth branches at the several joynts also, all which bear on several foot-stalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the end unto the middle, making them seem to be two apiece, smelling somewhat sweet, and each of them standing in large, green, striped hairy husks, large and round below next to the stalk: the seed is small and grayish in the hard heads that come up afterwards: the Root is white and long, spreading divers sangs in the ground.

The

The red wilde Campion groweth in the same manner as the white, but his Leaves are not so Ribbed, somewhat shorter, rounder and more woolly in handling: the flowers are of the same form and bigness, but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which maketh the Leaves seem more in number than the other. The seed and the Roots are alike: the Roots of both sorts abiding many years.

There are fourty five kindes of Campions more, those of them which are of Physical uses, having the like virtues with these above described, which I take to be the two chiefest kindes.

Place. They grow commonly through this Land, by fields, hedge-sides, and ditches.

Time. They flower in summer, some earlier than others, and some abiding longer than others.

bleeding inward and outward, dissery, Gravel, choller, venomous beasts, Plague, Sores, Ulcers, Cankers, fistulaes.

Virtues and Use. It is found by experience that the Decoction of the Herb, either the White or Red being drunk, doth stay inward bleedings: and applied outwardly it doth the like: and being drunk helpeth to expell the Urine being stopped, and Gravel, or the stone in the Reins, or Kidneys. Two drams of the seed drunk in Wine, purgeth the body of Cholerick humours, and helpeth those that are stung by Scorpions, or other venomous beasts; and may be as effectual for the Plague: it is of very good use in old Sores, Ulcers, Cankers, Fistulaes, and the like, to cleanse and heal them, by consuming the moist humours falling into them, and correcting the putrifaction of humours offending them.

Carrots.

THe Garden kinde are so well known that they need no description, but because they are of less Physical use than the wilde kinde (as indeed almost in all Herbs the wilde are more effectual in Physick, as being more powerfull in operation than the Garden kindes) I shall therefore briefly describe the wilde Carrot.

Description. It groweth in a manner altogether like the tame, but that the Leaves and stalks are somewhat whiter and rougher: the stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the seed begins to ripen, that the middle part being hollow and low, and the outer stalks rising high, maketh the whole Umbel to shew like a Birds nest. The Root is small, long, and hard, unfit for meat, being somewhat sharp and strong.

Place. The wilde kinde groweth in divers parts of this Land plentifully by the fields sides and in untilled places.

Time. They flower and seed in the end of Summer.

winde,

The Virtues. The wilde kinde breaketh winde, and re-

removeth stitches in the sides, provoketh Urine and womens Courses, and helpeth to break and expell the Stone: the seed also of the same worketh the like effect, and is good for the Dropsie, and those whose bellies are swollen with winde; helpeth the Chollick, the stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boyled in Wine and taken; and helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers, doth cleanse them.

stitches, provoke Urine, and the terms, Stone, dropsie, chollick, barrenness, ulcers.

I suppose the seeds of them perform this better than the Roots; and though Galen commend Garden Carrots highly to break winde; yet experience teacheth, that they breed it first; and we may thank Nature for expelling it, not they: the seeds of them expell winde indeed, and so mend what the Root marreth.

Caraway.

Description. IT beareth divers stalks of fine cut Leaves, lying upon the ground somewhat like to the Leaves of Carrots, but not bushing so thick, of a litttle quick taste in them, from among which riseth up a square stalk not so high as the Carrot, at whose joynts are set the like Leaves, but smaller and finer, and at the top small open tufts or umbels of white flowers, which turn into small blackish seed, smaller than the Aniseed, and of a quicker and hotter taste. The Root is whitish, small, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than the Parsnip, and abideth after seed-time.

Place. It is usually sown with us in Gardens.

Time. They flower in June or July, and seed quickly after.

Virtues and Use. Caraway seed hath a moderate sharp quality, whereby it breaketh winde, and provoketh Urine, which also the Herb doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the stomach helping digestion. The seed is conducing to all the cold griefs of head and stomach, the Bowels, or Mother, as also the winde in them, and helpeth to sharpen the eye-sight. The pouder of the seed put into a Pultis, taketh away black and blue spots of blows, or bruises. The Herb it self, or with some of the seed bruised, and fried, laid hot in a bag, or double cloth, to the lower part of the belly, easeth the pains of the winde-Chollick.

Winde, disury, indigestion, Head, stomach, Bowels, Mother, black and blue spots, bruises, chollick.

The Roots of Carraways eaten as men eat Parsnips, strengthen the stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every ones Garden.

Carraway Comfects, once onely dipped in Sugar, and half a spoonfull of them eaten in the morning fasting, and as many after each meal is a most admirable remedy for such as are troubled with winde.

Celandine.

Deſcription. THis hath divers tender, round, whitiſh, green ſtalks, with greater joynts than ordinary in other Herbs, as it were knees, very brittle and eaſie to break; from whence grow branches with large tender long Leaves, much divided into many parts, each of them cut in on the edges, ſet at the joynts on both ſides of the branches, of a dark bluiſh green colour on the upper ſide like Columbines, and of a more pale bluiſh green underneath, full of a yellow ſap, when any part is broken, of a bitter taſte and ſtrong ſcent. At the tops of the branches which are much divided, grow gold yellow flowers of four Leaves a piece, after which come ſmall long pods, with blackiſh ſeed therein. The Root is ſomewhat great at the head, ſhooting forth divers other long Roots and ſmall ſtrings, reddiſh on the outſide and yellow within, full of a yellow ſap therein.

Place. It groweth in many places by old walls, by the hedges, and way-ſides in untilled places; and being once planted in a Garden, eſpecially in ſome ſhady place, it will remain there.

Time. They flower all the Summer long, and the ſeed ripeneth in the mean time.

Virtues and Uſe. The Herb, or Roots boyled in white Wine and drunk, a few Aniſeeds being boyled therewith, openeth Obſtructions of the Liver and Gall, helpeth the yellow Jaundice: and the often uſing it, helps the Dropſie and the Itch, and thoſe that have old Sores in their Legs, or other parts of the body. The juyce thereof taken faſting, is held to be of ſingular good uſe againſt the Peſtilence: the diſtilled water with a little Sugar, and a little good Triacle mixed therewith (the party upon the taking being laid down to ſweat a little) hath the ſame effect. The juyce dropped into the eys cleanſeth them from films and cloudineſs, which darken the ſight, but it is beſt to allay the ſharpneſs of the juyce with a little breaſt-milk: it is good in old filthy corroding creeping Ulcers whereſoever, to ſtay their malignity of fretting and running, and to cauſe them to heal the more ſpeedily: the juyce often applied to Tetters, Ring-worms, or other ſuch like ſpreading Cankers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruiſed and heated with Oyl of Camomel, and applied to the Navel, taketh away the griping pain of the belly and bowels, and all the pains of the Mother: and applied to Womens breaſts ſtayeth the over-much flowing of their Courſes. The juyce Decoction of the Herb gargled between the teeth that ake, eaſeth the pain; and the pouder of the dried Root, laid upon an aching, hollow, or looſe tooth, will cauſe it to fall out. The juyce mixed with ſome pouder of Brimſtone, is not onely good againſt the Itch, but taketh away all diſcolourings of the skin whatſoever: and if it chance

Obſtructions of the Liver and Gall, yellow jaundice, Dropſie, Peſtilence, Eys, Ulcers, Tetters, Ring-worms, Cankers, Warts, Belly, Bowels, Mother, worms, ſtarts, ſtops, Tooth-ach, Itch, beauty loſt,

chance that in a tender body it causeth any itching, or inflammation by bathing the place with a little Vineger it is helped.

This is an Herb of the Sun, and under the celestial Lion, and is one of the best cures for the eys that is. All that know any thing in Astrology, know as well as I can tell them, that the eys are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries applying to the Trine; let Leo arise, then may you make it into an Oyl, or Ointment, which you please, to anoint your sore eys withall: I can prove it both by my own experience, and the experience of those to whom I have taught it, that most desperate sore eys have been cured by this onely Medicine; and then I pray, is not this far better than indangering the eys by the art of the Needle? For if this do not absolutely take away the film, it will so facilitate the work that it may be done without danger.

Another ill-favoured trick have Physicians got to use to the eye, and that is worse than the Needle, which is, to eat away the film by corroding, or gnawing Medicines. This is absolutely forebid against.

1. Because the Tunicles of the eye are very thin, and therefore soon eaten asunder.

2. The Callus, or film, that they would eat away is seldom of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the film be consumed in another, and so be a readier way to extinguish the sight than to restore it.

It is called Chelidonium from the Greek word Chelidon, which signifies a Swallow, because they say, that if you prick out the eys of young Swallows when they are in the nest, the old ones will recover their eys again with this Herb. This I am confident, for I have tried it, that if you marr the very apple of their eye with a Needle, she will recover them again, but whether with this Herb, or no, I know not.

Also I have read (and it seems to me somewhat probable) that the Herb being gathered as I shewed before, and the Elements drawn apart from it by the art of the Alchymist, and after they are drawn apart, rectified, the earthy quality still in rectifying them, added to the Terra damnata (as Alchymists call it) or Terra sacratissima (as some Philosophers call it) the Elements so rectified are sufficient for the cure of all Diseases, the humour offending being known, and the contrarie Element being given; it is an experience worth the trying, and can do no harm.

The lesser Celandine, usually known by the name of Pilewort.

I Wonder what ailed the Antients to give this the name of Celandine, which resembles it neither in nature nor form; it acquired the name of Pilewort

from its virtues, and it being no great matter where I fet it down, fo I do fet it down at all, I humour Dr. Tradition fo much as to fet it down here.

Defcription. This Celandine then or Pilewort (which you pleafe) doth fpread many round, pale, green Leaves fet on weak and trailing branches, which lie upon the ground, and are fat, fmooth, and fomewhat fhining, & in fome places (though feldom) marked with black fpots, each ftanding on a long foot-ftalk, among which rife fmall yellow flowers, confifting of nine or ten fmall narrow Leaves, upon flender foot-ftalks, very like unto Crowfoot, whereunto the feed alfo is not unlike, being many fmall ones fet together upon a head. The Root is made of many fmall kernels like grain of Corn, fome twice as long as others, of a whitifh colour with fome fibres at the end of them.

Place. It groweth for the moft part in the moift corners of fields, and places that are near water fides, yet will abide in drier grounds, if they be but a little fhadowed.

Time. It flowereth betimes about March or April, is quite gone in May, fo as it cannot be found untill it fpring again.

Virtues and Ufe. It is certain by good experience that the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as alfo kernels by the ears and throat, called the Kings Evil, or any other hard Wens or Tumours.

Hemorrhoids. Kings Evil.

Here is another fecret for my Countreymen and Women, a couple of them together, Filewort being made into an Oyl, Ointment, or Plaifter, readily cures both the Piles and Hemorrhoids, and the Kings Evil, if I may lawfully call it the Kings Evil, now there is no King, the very Herb born about ones body next the skin, helps in fuch Diftafes, though it never touch the place grieved, let good people make much of it for thefe ufes, with this I cured my own Daughter of the Kings Evil, broke the fore, drew out a quarter of a Pint of corruption, and cured it without any fcar at all, and in one weeks time.

The ordinary fmall Centaury.

Defcription. THis groweth moft ufually but with one round and fomewhat creafted ftalk, about a foot high, or better, branching forth at the top into many fprags, and fome alfo from the joynts of the ftalks below, the flowers that ftand at the tops, as it were in an umbel or tuft, are of a pale red, tending to a Carnation colour, confifting of five, fometimes fix fmall Leaves, very like thofe of St. John Wort, opening themfelves in the day time, and clofing at night; after which come feed in little fhort hufks, in form like unto Wheat corns: the Leaves are fmall and fomewhat round. The Root fmall and hard, perifhing every year: the whole Plant is of an exceeding bitter tafte.

There

There is another sort in all things like the former, save onely it beareth white flowers.

Place. They grow ordinarily in fields, pastures, and woods, but that with the white flowers not so frequent as the other.

Time. They flower in July, or thereabouts, and seed within a moneth after.

Virtues and Use. This herb boiled and drunk purgeth chollerick and gross humours, and helpeth the Sciatica: it openeth Obstructions of the Liver, Gall, and Spleen, helpeth the Jaundice, and easing pains in the sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues: it helpeth those that have the Dropsie or the green sickness, being much used by the Italians in pouder for that purpose. It killeth the worms in the belly as is found by experience. The Decoction thereof, viz. the tops of the stalks with Leaves and the flowers, is good against the Chollick and to bring down womens Courses, helpeth to avoid the dead birth, and easeth pains of the Mother, and is very effectual in all old pains of the joynts as the Gout, Cramps, or Convulsions. A dram of the pouder thereof taken in Wine, is a wonderfull good help against the biting and poison of the Adder. The juyce of the herb with a little Hone, put to it, is good to clear the eys from dimness, mists, and clouds that offend and hinder the sight: it is singular good both for green and fresh wounds, as also for old ulcers and sores, to close up the one, and cleanse the other, and perfectly to cure them both, although they be hollow or fistulous; the green herb especially being bruised and laid thereto. The Decoction thereof dropped into the ears, cleanseth them from worms, cleanseth the foul ulcers and spreading scabs of the head, and taketh away all freckles, spots and marks in the skin being washed therewith.

Choller. Sciatica. obstructions. Liver, Gall, Spleen. Agues, dropsie, green sickness. Chollick, Term. Provokes joynts. Gout, Sciatica, cramp, convulsion, venomous beasts, eys, wounds, ulcers. Ears, scabby heads, freckles, spots.

The herb is so safe you cannot fail in the using of it, onely give inwardly for inward diseases, use it outwardly for outward diseases, it is very wholesom, but not very toothsom.

Dr. Reason and Dr. Experience could not agree (the last time I spake with them) whether the herb were under the dominion of the Sun or Mars.

The Cherry-tree.

I Suppose there are few but know this Tree, for his fruit sake, and therefore shall spare to write a description thereof.

Place. For the place of its growth, it is afforded room in every Orchard.

Virtues and Use. Cherries, as they are of different tastes, so they are of divers qualities: the sweet pass through the stomach and belly more speedily, but are of little nourishment. The tart or sowre are more pleasing to a hot stomach, procuring appetite to meat,

Appetite lost, flegm, gross humours,

Cool. provoke urine, cough, Hoarsness, sight, gravel, winde.

and help to cut tough flegm and gross humours; but when these are dried they are more binding the belly than when they are fresh, being cooling in hot diseases, and welcome to the stomach, and provoke urine. The Gum of the Cherry-tree dissolved in Wine, is good for a cold Cough, and hoarsness of the throat, mendeth the colour in the face, sharpneth the ey-sight, provoketh appetite, and helpeth to break and expell the stone. The black Cherries bruised with the stones and distilled, the water thereof is much used, to break the stone, expell Gravel, and break the Winde.

Winter Cherry.

Description. THe Winter Cherry hath a running or creeping Root in the ground, of the bigness many times of ones little finger, shooting forth at several joynts in several places, whereby it quickly spreadeth a great compass of ground: the stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade, but larger, at the joynts whereof come forth whitish flowers made of five Leaves apiece, which after turn into green berries, inclosed with thin skins, which change to be reddish, when they grow ripe, the berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish seeds lying within the pulp; which being gathered and strung up are kept all the year to be used upon occasion.

Place. They grow not naturally in this Land, but are cherished in Gardens for their virtues.

Time. They flow not untill the middle or latter end of July, and the fruit is ripe about the end of August, or beginning of September.

Inflammations, disury, stone, gravel, ulcers in the reins and bladder, passing blood, sharpness of urine.

Virtues and Use. They are of great use in Physick: the Leaves being cooling may be used in inflammations, but not opening, as the berries and fruit are, which by drawing down the urine provoke it to be avoided plentifully, when it is stopped or grown hot, sharp and painfull in the passage; it is good also to expell the stone and gravel out of the reins, kidneys, and bladder, helping to dissolve the stone, and avoiding it by greet or gravel sent forth in the urine; it also helpeth much to cleanse inward Imposthumes, or Ulcers in the Reins or Bladder, or in those that avoid a bloudy or foul urine. The distilled water of the fruit, or the Leaves together with them, or the berries green or dry, distilled with a little milk, and drunk morning and evening with a little Sugar, is effectual to all the purposes afore specified, and especially against the heat and sharpness of the urine. I shall onely mention one way amongst many others, which might be used for ordering the berries to be helpfull for the urine and the stone which is thus. Take three or four good handfuls of the berries either green and fresh, or dried, and having

A precious Receipt.

ving bruised them, put them into so many Gallons of Beer or Ale, when it is new tunned up: this Drink taken daily hath been found to do much good to many, both to ease the pains, and expell urine, and the stone, and to cause the stone not to ingender. The Decoction of the berries in wine or water is the most usual way; but the pouder of them taken in Drink is more effectual.

Chervil.

Description. THe Garden Chervil doth at first somewhat resemble Parsley, but after it is better grown, the Leaves are much cut in and jagged, resembling Hemlocks, being a little hairy, and of a whitish green colour, sometimes turning reddish in the Summer, with the stalks also; it riseth little above half a foot high, bearing white flowers in spoked tufts, which turn into long and round seed, pointed at the ends, and blackish when they are ripe; of a sweet taste, but no smell, though the herb it self smelleth reasonable well: the Root is small and long, and perisheth every year, and must be sown anew in the Spring for seed, and after July for Autumn Sallet.

The wilde Chervil groweth two or three foot high, with yellow stalks and joynts, set with broader and more hairy Leaves, divided into sundry parts nicked about the edges, and of a darker green colour, which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of flowers, and afterwards smaller and longer seed: the Root is white, hard, and enduring long. This hath little or no scent.

Place. The first is sown in Gardens, for a Sallet-herb. The second groweth wilde in many of the meadows of this Land, and by the hedg-sides, and on Heaths.

Time. They flower and seed early, and thereupon are sown again in the end of Summer.

Virtues and Use. The Garden Chervil being eaten, doth moderately warm the stomach, and is a certain remedy (saith Tragus) to dissolve congealed or clotted bloud in the body, or that which is clotted by bruises, falls, &c. The juyce or distilled water thereof being taken either in meat or drink, it is held good to provoke urine, to expell the stone in the kidneys, to send down womens Courses, and to help the Plurisie and prickings of the sides.

Stomach, clotted bloud bruises, falls, dissery. Stone, Plurisie, sides, swellings black & blue spots.

The wilde Chervil bruised and applied, dissolveth swellings in any part of the body, and taketh away the spots and marks of congealed bloud by bruises or blows, in a little space.

Sweet Chervil, or Sweet Cicely.

Descri-ption. THis groweth very like the greater Hemlock, having large spread Leaves, cut into divers parts, but of a fresher green colour than the Hemlock, tasting as sweet as the Anniseed: the stalk riseth up a yard high or better being crested or hollow, having the like Leaves at the joynts, but lesser: and at the tops of the branched stalks, umbels or tufts of white flowers; after which come large and long crested, black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branches therein, in taste and smell stronger than the Leaves or seed, and continuing many years.

Cold stomach, winde, flegm, Lungs, phtisick, pestilence, Terms provoke, after-birth, appetite lost, Ulcers, epidemical diseases.

Place. This groweth in Gardens.

Virtues. This whole plant besides its pleasantness in Sallets, hath also his physical virtues. The Root boiled and eaten with Oyl and Vineger, (or without Oyl) doth much please and warm an old and cold stomach, oppressed with winde or flegm, or those that have the Phtisick or Consumption of the Lungs: the same drunk with Wine is a preservative from the Plague; it provoketh womens Courses, and expelleth the after-birth, procureth an appetite to meat, and expelleth winde. The juyce is good to heal the ulcers of the head and face. The candied Roots hereof are held as effectual as Angelica to preserve from infection in the time of a Plague, and to warm and comfort a cold weak stomach.

It is so harmless you cannot use it amiss.

Chickweed.

Descri-ption. THis is generally known to most people, I shall therefore not trouble you with the description thereof; nor my self with setting forth the several kindes, sith but onely two or three are considerable for their usefulness.

Place. These are usually found in moist and watry places, by wood-sides, and elsewhere.

Hot Liver, Imposthumes, swellings, red face, wheals, pushes, itch, scabs, cramps, convulsion, palsie.

Time. They flower about June, and their seed is ripe in July.

Virtues and Use. It is found to be as effectual as Purslane to all the purposes whereunto it serveth, except for meat onely. The herb bruised or the juyce applied (with cloaths or spunges dipped therein) to the region of the Liver, and as they dry to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Imposthumes and swellings wheresoever, for all redness in the face, Wheals, Pushes, Itch, Scabs, the juyce either simply used, or boiled with Hogs grease and applied, the same helpeth Cramps, Convulsions, and Palsies: the juyce or distilled water is of much good use for all heat and redness

in

in the eys to drop ſome thereof into them; as alſo into the ears to eaſe pains in them, and is of good effect to eaſe the pains, the heat and ſharpneſs of blood in the Piles, and generally all pains in the body that ariſe of heat; it is uſed alſo in hot and virulent ulcers and ſores in the privy parts of man or woman, or on the legs, or elſewhere. The Leavs boiled with Marſh-Mallows, and made into a Pultis with Fenugreek and Linſeed, applied to ſwellings or Impoſthumes, ripeneth and breaketh them, or aſwageth the ſwellings, and eaſeth the pains: It helpeth the ſinews when they are ſhrunk by Cramps, or otherwiſe, and to extend and make them pliable again by this Medicine. Boil a handfull of Chickweed, and a handfull of red Roſe leavs dried, but not diſtilled, in a quart of Muſcadine untill a fourth part be conſumed, then put to them a pint of the Oyl of Trotters, or ſheeps-feet; let them boil a good while ſtill ſtirring them well; which being ſtrained, anoint the grieved place therewith warm againſt a fire, rubbing it well with ones hand, and binde alſo ſome of the herb (if you will) to the place, and with Gods bleſſing it will help in three times dreſſing.

Ruptures Hemorrhoids, ulcers.

Sinews.

Cich-Peaſe, or Cicers.

Deſcription. THe Garden ſorts, whether red, black, or white, brings forth ſtalks a yard long, whereon do grow many ſmall and almoſt round Leavs, dented about the edges, ſet on both ſides of a middle rib: at the joynts come forth one or two flowers upon ſhort foot-ſtalks, Peaſe faſhion, either white, or whitiſh, or purpliſh red, lighter, or deeper according as the Peaſe that follow will be, that are contained in ſmall, thick, and ſhort pods, wherein lie one or two Peaſe more uſually, a little pointed at the lower end, and almoſt round at the head, yet a little cornered, or ſharp. The Root is ſmall, and periſheth yearly.

Place and Time. They are ſown in Gardens, or the Fields, as Peaſe, being ſown later than Peaſe, and gathered at the ſame time with them, or preſently after.

Vertues and Uſe. They are no leſs windy than Beans, but nouriſh more, they provoke urine, and are thought to increaſe Sperm, they have a cleanſing faculty, whereby they break the ſtones in the kidneys. To drink the cream of them being boiled in water is the beſt way: it moveth the belly downwards, provoketh womens Courſes, and urine, and increaſeth both Milk and ſeed. One Ounce of Cicers, two Ounces of French Barley, and a ſmall handfull of Marſh-Mallow roots, clean waſhed and cut, being boiled in the broth of a Chicken, & four Ounces taken in the morning, and faſting two hours after, is a good Medicine for a pain in the ſides. The white Cicers are uſed more for meat than medicine, yet have they the ſame effects, and are thought more powerfull to increaſe Milk and Seed.

Difficulty. Seed increaſe. Stone, coſtiveneſs. Terms provoke.

Pain in the ſides.

Obstructions, stones, open, digest, dissolve.

The wilde Cicers are so much more powerfull than the Garden kindes, by how much they exceed them in heat and driness; whereby they do more open Obstructions, break the stone, and have all the properties of cutting, opening, digesting, and dissolving, and this more speedily, and certainly than the former.

Cinkfoil, or Five-leaved Grass; called in some Countreys Five-finger'd Grass.

Description. This spreadeth and creepeth far upon the ground, with some slender strings like Strawberries which take root again, and shooteth forth many Leaves, made of five parts, and sometimes of seven, dented about the edges, and somewhat hard: the stalks are slender leaning downwards, and bear many small yellow flowers thereon, with some yellow threds in the middle, standing about a smooth green head, which when it is ripe is a little rough, and containeth small brownish seeds. The root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some threds thereat; and by the small strings it quickly spreadeth over the ground.

Place. It groweth by wood-sides, hedg-sides, the Path-ways in fields, and in the borders and corners of them almost through all this Land.

Time. It flowreth in Summer, some sooner, some later.

Virtues and Use. It is an especial herb used in all Inflammations and Feavers, whether infectious or pestilential; or among other herbs to cool, and temper the blood and humours in the body; as also for all Lotions, Gargles, Injections, and the like for sore mouths, Ulcers, Cankers, Fistulaes, and other corrupt, foul, or running sores. The juyce hereof drunk about four Ounces at a time for certain days together, cureth the Quinsie and the yellow Jaundice, and taken for thirty days together cureth the falling-sickness. The Roots boiled in Milk, and drunk, is a most effectual remedy for all fluxes in man or woman, whether the Whites, or Reds, as also the bloudy flux. The Roots boiled in Vineger, and the Decoction thereof held in the mouth, easeth the pains of the Tooth-ach. The juyce or decoction taken with a little Honey, helpeth the hoarsness of the Throat, and is good for the Cough of the Lungs. The distilled water of both Roots and Leavs is also effectual to all the purposes aforesaid: and if the hands be often washed therein, and suffered at every time to dry in of it self without wiping, it will in short time help the Palsie, or shaking in them. The Root boiled in Vineger, helpeth all knots, kernels, hard swellings, and lumps growing in any part of the flesh, being thereto applied, as also all inflammations, and St. Anthonies fire, all Imposthumes, and painfull sores with heat and putrefactions; the Shingles also, and all other sorts of run-

Inflammations, Feavers, pestilence, sore mouths, ulcers, cankers, fistulaes, Quinsie, yellow Jaundice, Falling-sickness, flux, Terms, stops, whites, bloudy flux, tooth ach, hoarsness, cough

running, and foul Scabs, Sores, and Itch. The same also boyled in Wine, and applied to any joynts full of pain and ach, or the Gout in the hands, or feet, or the Hip-gout, called the Sciatica, and the Decoction thereof drunk the while, doth cure them; and easeth much pains in the bowels. The Roots are like effectual to help ruptures, or burstings, being used with other things available to that purpose taken either inwardly or outwardly, or both; as also for bruises, or hurts by blows, falls, or the like, and to stay the bleeding of wounds in any part inward, or outward.

Palsey of the hands, Knots in the flesh, S. Anthonies fire, Shingles, scabs, itch, joynts pained, Sciatica, ruptures, Gouts, Bruises, Falls, Bleeding, Agues.

This is an Herb of Jupiter, and therefore strengthens the parts of the body that he rules, let Jupiter be angular and strong when it is gathered, and if you give but a scruple (which is but twenty grains of it) at a time, either in white Wine, or white Wine Vineger, you shall very seldom miss the cure of an Ague, be it what Ague soever in three fits, as I have often proved to the admiration both of my self and others, let no man despise it because it is plain and easie, the ways of God are all such, it is the ungodliness and impudency of man that made things hard, and hath (by so doing made sport for all the Devils in Hell, and grieved the good Angels, and when you read this, our own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs.

Some hold that one leaf cures a Quotidian, three a Tertian, and four a Quartan Ague, and a hundred to one if it be not Dioscorides, for he is full of such whim seys, The truth is, I never stood so much upon the number of the Leaves, nor whether I gave it in pouder or Decoction: if Jupiter were strong, and the Moon applying to him, or his good aspect at the gathering of it, I never knew it miss the desired effects.

Clary.

Description. Our ordinary Garden Clary hath four square stalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, somewhat evenly cut in on the edges, and of strong, sweet scent, growing some near the ground, and some by couples upon the stalks: the flowers grow at certain distances, with two small leaves at the joynts under them, somewhat like unto the flowers of Sage, but smaller, and of a whitish blue colour: the seed is brownish, and somewhat flat, or not so round as the wilde, the Roots are blackish, and spread not far, and perish after the seed time: it is usually sown, for it seldom riseth of its own sowing.

Place. This groweth in Gardens.

Time. It flowereth in June and July, some a little later than others, and their seed is ripe in August, or thereabouts.

Virtues and Use. The seed is used to be put into the eys to clear them from Moats, or other such like things

Eye.

things gotten within the Lids to offend them, as also to clear them from white, or red spots in them. The Mucilage of the seed made with water and applied to mouths and swellings, dissolveth and taketh them away, as also draweth forth Splinters, Thorns, or other things gotten into the flesh. The Leaves used with vinegar, either by it self, or with a little Honey, doth help hot Inflammations as also Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The powder of the dried Leaves put into the nose provoketh neesing, and thereby purgeth the head and brain of much rheum and corruption. The seed or Leaves taken in Wine provoketh to Venery. It is of much use both for men and women that have weak backs, to help to strengthen the Reins, used either by it self, or with other Herbs conducing to the same effect and in Tansies often: the fresh Leaves dipped in a Batter of flour, Egs, and a little milk, and fried in butter, and served to the table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak backs, and the effects thereof. The juyce of the Herb put into Ale, or Beer, and drunk, bringeth down Womens Courses, and expelleth the After-birth.

Swellings. Thorns. Splinters. Inflammations. Boils, & Felons. Heads. Brain. Lust provokes. Backs. Terms provokes. After-birth.

It is an usual course with men, when they have gotten the running of the Reins, or women the Whites, then run to the bush of Clary; Maid bring hither the frying pan, fetch me some butter quickly, then to eating fried Clary, just as hogs eat Acorns, and this they think will cure their disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their backs are as much the better as though they had pissed in their shooes, nay, perhaps much worse.

As for that trick of curing the eys by it, I can as yet say nothing to it, for the rest it may be effectual.

We will grant that Clary strengthens the back, but this we deny, that the cause of the running of the Reins in men, or the Whites in women lies in the back, (though the back may sometimes be weakned by them) and therefore the Medicine is as proper, as for me when my Toe is sore, to lay a plaister to my Nose.

Cleavers, or Goosgrass.

Description. THe common Cleavers hath divers very rough square stalks, not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall bushes, or trees, whereon it may climb (yet without any Claspers) or else much lower, and lying upon the ground full of joynts, and at every of them shooteth forth a branch, besides the Leaves thereat, which are usually six, set in a round compass like a Star, or the rowel of a Spur: from between the Leaves at the joynts towards the branches, come forth very small white flowers, every one

one upon a small threddy foot-stalk, which after they are fallen, there do shew two small, round, rough seeds, joyned together like two Testicles, which when they are ripe grow hard and whitish, having a little hole on the side, somewhat like unto a Navil. Both stalks, leaves, and seeds are so rough, that they will cleave to any thing that touch them. The Root is small and very threddy, spreading much in the ground, but dieth every year.

Place. It groweth by the hedge and ditch-sides in many places of this Land, and is so troublesom an inhabitant in Gardens, that it rampeth upon, and is ready to choak what ever growns next it.

Time. It flowereth in June and July, and the seed is ripe and falleth again in the end of July, or Auguſt, from whence it springeth up again, and not from the old Roots.

Vertues and Use. The juyce of the Herb and seed together taken in Wine, helpeth those that are bitten with an Adder, by preserving the heart from the venom, it is familiarly taken in broth to keep them lean and lank that are apt to grow fat. The distilled water drunk twice a day helpeth the yellow Jaundice, and the Decoction of the Herb in experience found to do the same, and stayeth Laſks and bloudy Fluxes. The juyce of the Leaves, or they a little bruised and applied to any bleeding wound, stayeth the bleeding. The juyce is also very good to close up the Lips of green wounds; and the pouder of the dried Herb strewed there-on doth the same, and likewise helpeth old ulcers: being boyled with Hogs greaſe, it healeth all sorts of hard swellings, or Kernels in the Throat, being anointed therewith. The juyce dropped into the ears taketh away the pains of them.

venomous beasts, heart, faintness, yellow jaundice, flux, bloudy flux, wounds, Ulcers, swelling, Kings Evil, Pain in the Ears.

It is a good remedy in the spring, eaten (being first chopped small, and boyled well in Water-gruel) to cleanse the bloud, and strengthen the Liver, thereby keeping the body in health, and fitting it for that change of season that is coming.

Clowns Woundwort.

Deſcription. IT groweth up sometimes to three, or four foot high, but usually about two foot, with square, green, rough stalks, but slender, joynted somewhat far asunder, and two very long, and somewhat narrow, dark green Leaves, bluntly dented about the edges thereat ending in a long point. The flowers stand toward the tops compaſsing the stalks at the joynts with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of purplish red colour, with whitish spots in them, standing in somewhat rough Husks, wherein afterwards stand blackish round seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them,

of a pale yellowish or whitish colour, yet at some times of the year these knobby Roots in many places are not seen in the Plant: the whole Plant smelleth somewhat strongly.

Place. It groweth in sundry Countries of this Land, both North and West, and frequently by Path-sides in the fields near about London, and within three, or four miles distance about it, yet it usually groweth in, or near ditches.

Time. It flowereth in June and July, and the seed is ripe soon after.

Wounds, Ulcers, Blood, Cankers bloody flux. Vessels broken, ruptures, spitting, pissing and vomiting blood. Veins swelled. Muscles cut.

Virtues and Use. It is singular effectual in all fresh and green wounds, and therefore beareth not this name for nought. And is very available in stanching of bloud, and to dry up the humors in old fretting Ulcers, Cankers, &c. that hinders the healing of them.

A Syrup made of the juyce of it is inferior to none for inward Wounds, Ruptures of Veins, bloudy Flux, Vessels broken, spitting, pissing, or vomiting blood, Ruptures are excellently and speedily, even to admiration cured by taking now and then a little of the Syrup, and applying an Oyntment, or Plaister of the Herb to the place. Also if any Vein be swelled, or Muscle cut, apply a Plaister of this Herb to it, and if you add a little Comfry to it, it will not do amiss, I assure the Herb deserves commendations, though it have gotten but a clownish name, and whoever readeth this (if he try it as I have done) will commend it as well as I.

I have done, onely take notice, that it is of a dry earthy quality, and under the Dominion of the Planet Saturn.

Cocks-head.

Descri-ption. THis hath divers weak, but rough stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentils, and whitish underneath; from the tops of these stalks arise up other slender stalks, naked without leaves unto the tops where there grow many small flowers in manner of a spike, of a pale reddish colour, with some blueness among them: after which rise up in their places, round, rough, and somewhat flat heads. The Root is tough and somewhat woody, yet liveth and shooteth anew every year.

Place. It groweth under hedges, and sometimes in the open fields, in divers places of this Land.

Time. They flower all the Moneths of July and August, and the seed ripeneth in the mean while.

Knots and Kernels in the flesh, Strangury.

Virtues and Use. It hath a power to rarifie and digest, and therefore the green Leaves bruised and laid as a Plaister, dispersеth Knots, Nodes, or Kernels in the flesh, and if when it is dry it be taken in Wine, it helpeth the Strangury: and being anointed with Oyl, it pro-

provoketh sweat. It is a fine fair food for Cattel, to eat either to give store of Milk, and why then may it not do the like being boyled in the ordinary drink of Nurses.

ripeneth in Cattel.

Columbines.

THese are so well known, growing in almost every Garden, that I think I may save the expence of time in writing a description of them.

Time. They flower in May, and abide not for the most part when June is past, perfecting their seed in the mean time.

Virtues and Use. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths and Throats: Fragus saith, that a dram of the seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the yellow jaundice, if the party after the taking hereof be laid to sweat well in his bed: the seed also taken in Wine causeth a speedy delivery of Women in Child-birth, if one draught suffice not, let her drink a second, and it is effectual: the Spaniards use to eat a piece of the Root here and a morning fasting, many days together, to help them being troubled with the stone in the Reins or Kidneys.

sore mouths and Throats, Obstructions, yellow jaundice, Womans Travail, stone.

Colts-foots or Foals-foot.

Description. THis shooteth up a slender stalk with small yellow flowers somewhat early, which fall away quickly, and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker and greener than those of Butterbur, with a little down, or Freez over the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence springeth fresh Leaves.

Place. It groweth as well in wet grounds, as in drier places.

Time. And flowereth in the end of February, the Leaves beginning to appear in March.

Virtues and Use. The fresh Leaves, or juyce, or a Syrup made thereof is good for a hot dry Cough, for wheesings and shortness of breath. The dry Leaves are best for those that have thin rheums, and Distillations upon the Lungs, causing a Cough, for which also the dried leaves taken as Tobacco, or the root, is very good. The distilled water hereof simply, or with Elder flowers and Nightshade, is a singular remedy against all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the head and stomach, which also doth much good, being applied to any hot swellings, or In-

Cough, wheesings, shortness of breath, Agues, inflammations, swellings, S. Anthonies fire, burnings.

Inflammations in the privities.

Inflammations, it helpeth St. Anthonies fire, and burnings, and is singular good to take away wheals, and small pushes that arise through heat, as also the burning heat of the Piles, or privy parts, cloaths wet therein being thereunto applied.

Comfry.

Description. THe common great Comfry hath divers very large, and hairy green Leaves lying on the ground, so hairy, or prickly, that if they touch any tender part of the hands, face, or body, it will cause it to itch; the stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like Leaves as grow below, but lesser and lesser up to the top. At the joynts of the stalks, it is divided into many branches with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow, like the finger of a glove, of a pale whitish colour, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within, short or easie to break, and full of a glutinous, or clammy juyce of little, or no taste at all.

There is another sort in all things like this, save onely it is somewhat less, and beareth flowers of a pale purple colour.

Place. They grow by ditches and water-sides, and in divers fields that are moist, for therein they delight chiefly to grow: the first generally through all the land, and the other but in some several places.

By the leave of my Authour, the first grow often in dry places.

Time. They flower in June and July, and give their seed in August.

Spitting, pissing bloud, inward wounds, bruises, phtisick, bloudy flux, Terms stops, whites, Nerves cut, Muscles cut, sharp humours wounds.

Virtues and Use. The great Comfry helpeth those that spit bloud, or make a bloudy Urine; the Root boyled in water or Wine, and the Decoction drunk, helpeth all inward hurts, bruises, and wounds, and the Ulcers of the Lungs, causing the flegm that oppresseth them to be easily spit forth; it stayeth the defluxions of rheum from the head upon the Lungs, the fluxes of bloud, or humours by the belly, womens immoderate Courses, as well the Reds as the Whites; and the running of the Reins hapning by what cause soever. A Syrup made thereof is very effectual for all those inward griefs and hurts; and the distilled water for the same purpose also, and for outward wounds and sores in the fleshy, or sinewy part of the body wheresoever; as also to take away the fits of Agues, and to allay the sharpness of humours. A Decoction of the Leaves hereof is available to all the purposes, though not so effectual as of the Roots. The roots being outwardly applied, helpeth fresh wounds, or cuts immediately, being bruised

and

and laid thereunto, and is especial good for Ruptures and broken bones, yea, it is said to be so powerfull to consolidate and knit together, that if they be boiled with dissevered pieces of flesh in a pot, it will joyn them together again. It is good to be applied to womens breasts that grow sore by the abundance of milk coming into them, as also to repress the overmuch bleeding of the Hemorrhoids, to cool the inflammation of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, do presently give ease of the pains; and applied in the same manner giveth ease to pained joynts; and profiteth very much for running and moist ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpfull.

Ruptures, broken bones, knotted breasts, Hemorrhoids, Inflammation, Gout, pained joynts, gangrenes.

This is also an herb of Saturn, and I suppose under the Sign Capricorn, cold, dry, and earthly in quality, what was spoken of Clowns Woundwort may be said of this.

Costmary, or Alecost

THis is so frequently known to be an inhabitant in almost every Garden, that I suppose it needless to write a description thereof.

Time. It flowreth in June and July.

Virtues and Use. The ordinary Costmary as well as Mandrin, provoketh urine abundantly, and moistneth the hardness of the Mother; it gently purgeth choller and flegm, extenuating that which is grass, and cutting that which is tough and glutinous cleanseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without attraction, openeth Obstructions, and healeth their evil effects, and is a wonderfull help to all sorts of day Agues. It is astringent to the stomach, and strengthneth the Liver, and all the inward parts, and taken in Whey, worketh the more effectually, Taken fasting in the morning, it is very profitable for the pains in the head that are continual, and to stay, dry up, and consume thin Rheums, or distillations from the head into the stomach, and helpeth much to digest raw humours that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body, called Cachexia, being taken especially in the beginning of the disease: it is an especial friend and help to evil, weak, and cold Livers. The seed is familiarly given to children for the worms, and so is the infusion of the flowers in white wine, giving to them the quantity of two Ounces at a time: it maketh an excellent Salve to cleanse and heal old ulcers, being boiled with Oyl Olive, and Alders tongue with it; and after it is strained, to put a little Wax, Rozin, and Turpentine to bring it into a convenient body.

disease, Choller, flegm, putrefaction, Corruption, Obstructions, quotidian Ague, Stomach, Liver, head-ach, Rheum, raw humours, Cachexia, worms, Ulcers.

Cudweed, or Cottonweed.

Description. THe common Cudweed riseth up but with one stalk sometime, and sometimes with two or three, thick set on all sides with small, long, and narrow, whitish or woolly Leaves, from the middle of the stalk almost up to the top; with every Leaf standeth a small flower, of a dun, or brownish yellow colour, or not so yellow as others; in which heads, after the flowers are fallen, come small seed wrapped up with the doun therein, and is carried away with the winde. The Root is small and threddy.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save onely that as the stalk and Leaves are shorter, so the flowers are paler, and more open.

Place. They grow in dry, barren, sandy, and gravelly grounds, in most places of this Land.

Time. They flower about July; some earlier, some later, and their seed is ripe in August.

Binde, dry, fluxes, Terms ill stopped, ruptures, worms, Tenasmus, wounds, bleeding, Ulcers, Quinsie.

Virtues and Use. The plants are all astringent, or binding and drying, and therefore profitable for defluxious of rheum from the head, and to stay fluxes of bloud wheresoever. The decoction being made into red Wine and drunk, or the pouder taken therein; it also helpeth the bloudy flux, and easeth the torments that come thereby, stayeth the immoderate Courses of Women, and is also good for inward or outward wounds, hurts, and bruises, and helpeth Children both of burstings and the Worms; and the disease called Tenasmus, which is an often provocation to the stool, and doing nothing, being either drunk or injected: the green Leaves bruised and laid to any green wound stayeth the bleeding, and healeth it up quickly: the Decoction or juyce doth the same, and helpeth all old and filthy Ulcers quickly: the juyce of the Herb taken in Wine and Milk is (as Pliny saith) a sovereign remedy against the Mumps and Quinsie, and further saith, that whosoever shall so take it, shall never be troubled with that disease again.

Venus is Lady of it.

Cowslips.

Spots, wrinkles, sun burning, head, heat, winde, beauty, vertigo, ephialtes, convulsion,

BOth the wilde and garden Cowslips are so well known that I will neither trouble my self nor the Reader with any description of them.

Time. They flower in April and May.

Virtues and Use. The flowers are held to be more effectual than the Leaves, and the Roots of little use.

An Ointment being made with them taketh away Spots, and Wrinckles of the skin, sun-burning and Freckles, and adds beauty exceedingly: they remedy all infirmities of the head coming of heat and winde, as Vertigo, Ephialtes, false apparitions, Phrensies, falling-

sick-

sickness, Palsies, Convulsions, Cramps, pains in the nerves: the Roots ease pains in the back and bladder, and open the passages of the urine: the Leaves are good in wounds, and the flowers take away trembling: if the flowers be not well dried, and kept in a warm place, they will soon putrifie, and look green, have a special eye over them; if you let them see the Sun once a moneth, it will do neither the Sun nor them harm.

cramp, back, bladder, wounds, trembling, Frenzie, Falling sickness, Palsie.

Because they strengthen the brain and nerves, and remedy Palsies, the Greeks gave them the name Paralysis; the flowers preserved or conserved, and the quantity of a Nutmeg eaten every morning, is a sufficient Dose for inward diseases, but for wounds, spots, wrinkles, and sun-burning, an Ointment is made of the Leaves and Hogs grease.

Venus lays claim to the herb as her own, and it is under the sign Aries, and our City Dames know well enough the Ointment of distilled water of it adds beauty, or at least restores it when it is lost.

Sciatica Cresses.

Descri. THese are of two kindes; the first riseth upption. with a round stalk about two foot high spread into divers branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut, or torn on the edges, somewhat like unto Garden Cresses, but smaller: the flowers are small and white, growing at the tops of the branches, where afterwards grow husks with small brownish seed therein, very strong and sharp in taste, more than the Cresses of the Garden: the Root is long, white, and woody.

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but onely somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The flowers and seed are like the former, and so is the Root likewise: and both Root and seed as sharp as it.

Place. These grow by the way-sides in untilled places, and by the sides of old walls.

Time. They flower in the end of June, and their seed is ripe in July.

Virtues and use. The Leaves, but especially the Roots taken fresh in the Summer-time, beaten and made into a Pultis or Salve, with old Hogs-greale, and applied to the place pained with the Sciatica, to continue there in four hours, if it be on a man, and two hours on a woman; the place afterwards bathed with Wine and Oyl mixed together, and then wrapped with wool or skins after the have sweat a little, will assuredly cure, not onely the same diseases in the Hips, Huckle-bone, or other of the joynts, as the Gout in the hands or feet, but all other old griefs of the head, (as inveterate Rheums) and other parts of the body that is hard to be

Sciatica

Gout, head-ach, rheums.

cured: and if of the former griefs any part remain, the same medicine after twenty days is to be applied again. The same is also effectual in the diseases of the Spleen; and applied to the skin, it taketh away the blemishes thereof, whether they be scars Leprosie, scabs, or scurf; which although it exulcerate the part, yet that is to be helped afterwards With a salve made of Oyl and Wax.

Spleen, Scars, Leprosie, scurf, scabs.

Esteem of this as another secret.

Water Cresses.

Description. OUr ordinary Water Cresses spreadeth forth with many weak hollow sappy stalks, shooting out fibres at the joynts, and upwards long winged Leaves, made of sundry broad, sappy, and almost round Leaves, of a brownish green colour. The flowers are many and white, standing on long footstalks, after which come small yellow seed, contained in small long pods like horns: the whole plant abideth green in the Winter, and tasteth somewhat hot and sharp.

Place. They grow (for the most part) in the small standing waters, yet sometimes in small Rivulets of running water.

Time. They flower and seed in the beginning of Summer.

Virtues and Use, They are more powerfull against Scurvy, and to cleanse the bloud and humours than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the stone, and provoke urine, and womens Courses. The Decoction thereof cleanseth ulcers, by washing them therewith. The Leaves bruised, or the juyce, is good to be applied to the face, or other parts troubled with freckles, pimples, spots, or the like at night, and washed away in the morning: the juyce mixed with vineger, and the forepart of the head bathed therewith is very good for those that are dull and drowsie, or have the Lethargy.

Scurvy, bloud, humours, Stone, disury, terms, provokes, ulcers, freckles, Pimples, Spots, dulness, Lethargy.

Water-Cress pottage is a good remedy to cleanse the bloud in the Spring, and help head-aches, and consume the gross humours Winter hath left behinde, those that would live in health may use it if they please, if they will not I cannot help it: if any fancy not pottage they may eat the herbs as a Sallet.

Crosswort.

Description. THe common Crosswort groweth up with square hairy brown stalks, little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joynt, each against other cross-ways, which hath caused the name: toward the tops of the stalks at the joynts with the Leaves in three or four rows upwards stand small, pale, yellow,

yellow flowers, after which come small, blackish, round seed, four for the most part set in every husk. The root is very small and full of fibres, or threds, taking good hold of the ground, and spreading with the branches a great deal of ground, which perisheth not in Winter, although the Leaves die every year, and spring again anew.

Place. It groweth in many moist grounds, as well meadows, as untilled places about London. In Hamsted Church-yard, at Wye in Kent, and sundry other places.

Time. It flowreth from May all the Summer long in one place or other, as they are more open to the Sun; and the seed ripeneth soon after.

Vertues and Use. This is a singular good wound-herb, and is used inwardly, not onely to stay bleeding of wounds, but to consolidate them, as it doth outwardly any green wounds, which it quickly sodereth up and healeth. The Decoction of the herb in Wine helpeth to expectorate flegm out of the Chest, and is good for Obstructions in the breast, stomach, or bowels, and helpeth a decayed appetite, it is also good to wash any wound or sore with, to cleanse and heal it: the herb bruised and then boiled, and applied outwardly for certain days together, renewing it often, and in the mean time, the Decoction of the herb in Wine taken inwardly every day doth certainly cure the Rupture in any, so as it be not too inveterate; but very speedily if it be fresh and lately taken.

Wounds inward and outward, flegm, obstructions, stomach ruptures.

Crowfoot.

ABundance are the sorts of this herb, that to describe them all would rite the patience of Socrates himself, but because I have not yet attained to the spirit of Socrates I shal but describe the most usual.

Description. The most common Crowfoot hath many dark green Leaves cut into divers parts, in taste biting and sharp, biting and blistering the Tongue, it bears many flowers, and those of a bright resplendent yellow colour; I do not remember that I ever saw any thing yellower, virgins in ancient time used to make pouder of them to strew Bride-beds, after which flowers come small heads of seeds, round but rugged like a Pine-apple.

Place. They grow very common every where, unless you run your head into a hedg you cannot chuse but see some of them where ever you walk.

Time. They flower in May and June, even till September.

Names. Many are the names this furious biting herb hath obtained, almost enough to make up a Welchmans pedegree, if he fetch it no further than John of Gaunt of William the Conqueror, for it is called Frogs-foot from the Greek name Batrachion, Crowfoot, Gold-knobs, Gold

Cups, King Kob, Bannets, Troll Flower, Polts Locks, Goulons, and Butter-flowers.

Virtues and Use. This hery and hot spirited herb of Mars is no way fit to be given inwardly, but an Ointment of the leavs or flowers will draw a blister, & may so be fitting applied to the nape of the neck to draw back rheum from the eys, the herb being bruised and mixed with a little Mustard draws a blister as well and as perfectly as Cantharides, and with far less danger to the vessels of urine, which Cantharides naturally delight to wrong. I knew the herb once applied to a pestilential rising that was falling down, and it saved life even beyond hope; it were good keeping an Ointment and Plaister of it, if it were but for that.

Cuckowpint or Wake-Robin.

Description. THis shooteth forth three, four, or five Leaves, at the most from one Root, every one whereof is somewhat large and long, broad at the bottom next the stalk, and forked, but ending in a point, without cut on the edges of a full green colour, each standing upon a thick round stalk, of a hands breadth long or more: among which after two or three months that they begin to wither, riseth up a bare round whitish green stalk, spotted and straked with purple, somewhat higher than the Leaves, at the top whereof standeth a long hollow husk or husk, close at the bottom, but open from the middle upwards, ending in a point; in the middle whereof standeth a small long pestle or clapper, smaller at the bottom than at the top, of a dark purple colour, as the husk is on the inside, though green without; which after it hath so abidden for some time, the husk with the clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a Hazel-nut kernel, which abide thereon almost until Winter; the Root is round and somewhat long, for the most part lying along, the Leaves shooting forth at the bigger end, which when it beareth his berries, is somewhat wrinkled and loose, another being growing under it, which is solid and firm with many small threds hanging thereat: the whole plant is of a sharp biting taste, pricking the tongue as Nettles do the hands, and so abideth for a great while without alteration. the Root hereof was anciently used instead of Starch to starch Linnen withall.

There is another sort of Cuckowpint, with lesser Leaves than the former, and somewhat harder, having blackish spots upon them, which for the most part abide longer green in Summer than the former, and both Leaves and Roots are more sharp and fierce than it is in all things else it is like the former.

Place. These two sorts grow frequently almost under

under every hedge-ſide in many places of this Land.

Time. They ſhoot forth Leaves in the Spring, and continue but until the middle of Summer, or ſomewhat later, their huſks appearing before they fall, and their fruit ſhewing in Auguſt.

Virtues and Uſes. *Tragus* reporteth that a dram weight, or more if need be, of the ſpotted Wake-Robin, either freſh and green, or dried being beaten, and taken, is a moſt preſent and ſure remedy for Poyſon and the Plague. The juyce of the Herb taken to the quantity of a ſpoonfull hath the ſame effect: but if there be a little Vineger added thereunto as well as to the Root aforeſaid, it ſomewhat allayeth the ſharp biting taſte upon the tongue. The green Leaves bruiſed, and laid upon any Boil, or Plague ſore doth wonderfully help to draw forth the poyſon: a dram of the powder of the dried Root taken with twice ſo much Sugar in the form of a licking Electuary, or the green Root, doth wonderfully help thoſe that are purſie and ſhort winded, as alſo thoſe that have a Cough, it breaketh, digeſteth, and riddeth away flegm from the ſtomach, Cheſt, and Lungs. The milk wherein the Root hath been boyled, is effectual alſo for the ſame purpoſe. The ſaid powder taken in Wine, or other drink; or the juyce of the Berries, or the powder of them; or the Wine wherein they are boyled, provoketh Urine, and bringeth down women's Courſes and purgeth them effectually after Child-bearing to bring away the after-birth. Taken with Aſſes milk it healeth the inward Ulcers of the bowels. The diſtilled water hereof is effectual to all the purpoſes aforeſaid, a ſpoonfull taken at a time healeth the Itch; and an ounce more taken at a time for ſome days together doth help the rupture; the Leaves either green or dry, or the juyce of them, doth cleanſe all manner of rotten and filthy Ulcers in what part of the body ſoever, and healeth the ſtinking ſores in the noſe, called Polipus. The water wherein the Root hath been boyled, dropped into the eys, cleanſeth them from any film or ſkin, clouds or miſts which begin to hinder the ſight, and helpeth the watering or redneſs of them; or when by ſome chance they become black and blue. The Root mixed with Bean-flour, and applied to the Throat or Jaws that are inflamed, helpeth them. The juyce of the Berries boyled in the Oyl of Roſes, or beaten into powder, and mixed with the Oyl, and dropped into the ears, eaſeth pains in them. The Berries, or Roots beaten with hot Ox dung, and applied, eaſeth the pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, eaſeth them; and ſo doth ſitting over the hot fumes thereof. The freſh Roots bruiſed, and diſtilled with a little milk, yieldeth a moſt ſovereign water to cleanſe the ſkin from Scurf, Freckles, Spots, or blemiſhes whatſoever therein.

Poyſon, Plague,

Boil.

Diſeaſes of breaſt, cough, flegm, diſcays, Terms provoked, After-birth, Ulcers, Freſh, rupture, Polipus, Eyes, throat, Jawes, Gout, Hemorrhoids, Fundament falling down, Scurf, Freckles, Spots, blemiſhes

Authours have left large commendation of this Herb you

you see, but for my part I have neither spoken with Dr. Reason, nor Dr. Experience about it.

Daisies.

THese are so well known to almost every Childe, that I suppose it is altogether needless to write any Description of them. Take therefore the virtues of them as followeth.

wounds, inward, and outward. Choller, Liver, Breast, Ulcers, swellings

Virtues and Use. The greater wilde Daisie is a wound Herb of good respect, often used in those drinks, or Salves that are for wounds, either inward or outward. The juyce, or Distilled water of these, or the small Daisies, doth much temper the heat of Choller, and refresheth the Liver and other inward parts. A Decoction made of them and drunk, helpeth to cure the wounds made in the hollowness of the breast: the same also cureth all Ulcers and Pustles in the mouth or tongue, or in the secret parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth resolve it and temper the heat: A Decoction made hereof with Walwort and Agrimony, and the places fomented, or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout. The same also disperseth and dissolveth the Roots, or Kernels that grow in the flesh of any part of the body, and the bruises and hurts that come of falls and blows: They are also used for ruptures, and other inward burnings with very good success. An Ointment made hereof doth wonderfully help all wounds that have Inflammations about them, or by reason of moist humours having access unto them, are kept long from healing, and such are those for the most part that happen in the joynts of the Arms, or Legs. The juyce of them dropped into the running Eye of any doth much help them.

Kernels, Bruises, Falls, Ruptures, burnings, Inflammations.

The Herb is under the sign Cancer, and under the dominion of Venus, and therefore excellent good for wounds in the breast, and very fitting to be kept, both in Oyls, Ointments, and Plaisters, as also in Syrup.

Dandelyon, Vulgarly called Pis-a-beds.

Descri-ption. THis is well known to have many long and deeply gashed Leaves, lying on the ground, round about the head of the root; the end of each Gash or Jag on both sides looking downwards towards the root, the middle rib being white: which broken yieldeth abundance of bitter milk, but the root much more: from among the Leaves, which always abide green, arise many slender, weak, naked foot-stalks, every one of them bearing at the top one large yellow flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green Husk where-in

as the flower ſtood, turneth it ſelf down to the ſtalk, and the head of Down becometh as round as a ball, with long reddiſh ſeed underneath, bearing a part of the Down on the head of every one, which together is blown away with the winde, or may be at once blown away with ones mouth. The Root groweth downwards exceeding deep, which being broken off within the ground, will notwithſtanding ſhoot forth again; and will hardly be deſtroyed where it hath once taken deep Root in the ground.

Place. It groweth frequent in all Meadows and Paſture grounds.

Time. It flowereth in one place or other almoſt all the year long.

Virtues and Uſe. It is of an opening and cleanſing quality, and therefore very effectual for the Obſtructions of the Liver, Gall, and Spleen, and the diſeaſes that ariſe from them, as the Jaundice, and Hypochondriacal paſſion: it wonderfully openeth the paſſages of the Urine, both in young and old. It powerfully cleanſeth Apoſthumes, and inward in the Uritory paſſages, and by the drying and temperate quality doth afterwards heal them; for which purpoſe the Decoction of the Roots, or Leaves in white Wine, or the Leaves chopped as ſome others, with a few Alliſanders, and boiled in their broth is very effectual. And whoſo is drawing towards a Conſumption, or an ill Diſpoſition of the whole body called Cachexia, by the uſe hereof for ſome time together ſhall finde a wonderfull help: it helpeth alſo to procure reſt and ſleep, to bodies diſtempered by the heat of Agues fits, or otherwiſe. The diſtilled water is eſſential to drink in Peſtilential Feavers, and to waſh the ſores.

Openeth, cleanſeth obſtructions, Liver, Gall, Spleen, Jaundice, Hypochondriacal, melancholy, Urine. Conſumption, Cachexia, watching, Ague, Peſtilence.

You ſee here what virtues this common Herb hath, and that is the reaſon you French and Dutch ſo often eat them in the Spring; and now if you look a little further you may ſee plainly without a pair of Spectacles, that Forreign Phyſicians are not ſo leriſh as ours are, but more communicative of the Virtues of Plants to people.

Darnell.

Deſcription. THis hath all the Winter long, ſundry long, fat, and rough Leaves, which when the ſtalk riſeth, which is ſlender, and joynted, are narrower, but rough ſtill, on the top groweth a long ſpike compoſed of many heads, ſet one above another, containing two or three huſks with ſharp, but ſhort beards, or awns at the ends; the ſeed is eaſily ſhaken out of the ear, the huſk it ſelf being ſomewhat tough.

Place. The Countrey Huſbandmen do know this too well to grow among their Corn, or in the Borders and Pathways of other fields that are fallow.

Virtues and Uſe. As this is not without ſome Vices ſo hath it in ſo many Virtues. The meal of Darnel

gangreens Cankers, Leprosie, Morphew Ringworms Sciatica Thorns Splinters, broken bones, Diabetes.

is very good to stay Gangreens, and other such like fretting and eating Cankers, and putrid sores: it also cleanseth the skins of all Lepries, Morphews, Ringworms, and the like, if it be used with Salt, and Shallots Roots. And being used with quick Brimstone and Vineger it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boyled in Wine with Pidgeons dung and Linseed: a Decoction thereof made with water and Honey, and the place bathed therewith is profitable for the Sciatica. Darnel Meal applied in a Pultis, draweth forth Splinters and broken bones in the flesh: the red Darnel boyled in red Wine and taken stayeth the Lask and all other Fluxes, and Womens bloudy issues; and restraineth Urine that passeth away too suddenly.

Dill.

Descri-ption. THe common Dill groweth up with seldom more than one stalk, neither so high, nor so great usually as Fennel, being round, and with fewer joynts thereon, whose leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many; but harder in handling, and somewhat thicker, and of a stronger unpleasanter scent: the tops of the stalks have four branches and smaller Umbels of yellow flowers, which turn into small seed, somewhat flatter and thinner than Fennel seed. The Root is small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.

Place. It is most usually sown in Gardens, and grounds for the purpose, and is also found wilde with us in some places.

Virtues and Use. The Dill being boyled and drunk is good to ease swellings and pains, it also stayeth the belly and stomach from casting: the Decoction thereof helpeth women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelled unto, being tied in a cloth. The seed is of more use than the Leaves, and more effectual to digest raw and viscuous humours, and is used in Medicines that serve to expell winde, and the pains proceeding therefrom. The seed being toasted, or fried, and used in Oyls, or Plaisters dissolveth the Impostbumes in the Fundament, and drieth up all moist Ulcers (especially in the secret parts.) The Oyl made of Dill is effectual to warm, to resolve humours and Impostbumes, to ease pains, and to procure rest.

Swellings Pains, Loosness vomiting Mother hiccough raw and gross humours winde. Apostbumes ulcers,

The Decoction of Dill, be it Herb, or seed (onely if you boyl the seed you must bruise it) in white Wine, being drunk, is a gallant expeller of winde, and prooker of the Terms.

Terms provoked.

Devils bit.

Descripsion. THis riseth up with a round, green, smooth, stalk about two foot high, set with divers long and somewhat narrow, smooth, dark green leaves, somewhat snipped about the edges for the most part, being else all whole and not divided at all, or but very seldom, even to the tops of the branches, which yet are smaller than those below, with one Rib onely in the middle: at the end of each branch standeth a round head of many flowers, set together in the same manner, or more nearly than the Scabious, and of a more bluish purple colour; which being past there followeth seed that falleth away. The Root is somewhat thick, but short and blackish with many strings, abiding after seed time many years. This Root was longer untill the Devil (as the Friars say) bit away the rest of it for spight, envying its usefulness unto mankinde. For sure he was not troubled with any disease for which it is proper.

A learned Tale that cost a dull Friar seven years study.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other blush coloured flowers.

Place. The first groweth as well in dry Meadows and fields, as moist, in many places of this Land: but the other two are more rare, and hard to meet with, yet they are both found growing wilde about Appledore, near Rye in Kent.

Time. They flower not usually untill August.

Virtues and Use. The Herb, or Root (all that the Devil hath left of it) being boyled in Wine and drunk is very powerfull against the Plague, and all Pestilential diseases, or Feavers, Poysons also, and the bitings of venomous beasts; it also helpeth those that are inwardly bruised by any casualty, or outwardly by falls, or blows, dissolving the clotted bloud: and the Herb, or Root beaten and outwardly applied, taketh away the black and blue marks that remain in the skin. The Decoction of the Herb, with Honey of Roses put therein is very effectual to help the inveterate Tumours and swellings of the Almonds and Throat, by often gargling the mouth therewith. It helpeth also to procure womens Courses, and easeth all pains of the Mother, and to break and discuss windes therein and in the bowels. The pouder of the Root taken in drink, driveth forth the Worms in the body: the juyce, or distilled water of the herb is effectual for green wounds, or old sores, and cleanseth the body inwardly, and the seed outwardly, from Sores, Scurff, Itches, Pimples, Preckles, Morphew, or other deformities thereof, but especially if a little Vitrial be dissolved therein.

Pestilence, Feavers, Poison, venomous beasts, Bruises, Falls, Clotted bloud, swellings of the Throat, Mother, Windes, worms, Wounds, Scurff, itch, dandriff, Pimples, Freckles, morphew.

Dock.

Theſe are ſo well known many kindes of them, that I ſhall not trouble you with a Deſcription of them; my book grows big too faſt.

Virtues and Uſe. All of them have a kinde of cooling (but not all alike) drying quality, the Sorrels being moſt cold, and the Bloudworts moſt drying: of the Burr-Dock I have ſpoken already by himſelf. The ſeed of moſt of the other kindes whether of the Garden or field, do ſtay Laſks or Fluxes of all ſorts, the loathings of the ſtomach through Choller, and is helpfull to thoſe that ſpit bloud. The Roots boyled in Vineger helpeth the Itch, Scabs, and breakings out of the ſkin, if it be bathed therewith. The diſtilled water of the Herb and Roots hath the ſame virtue, and cleanſeth the ſkin of Freckles, Morphews, and all other ſpots and diſcolourings therein.

flux. ſtaying of meat ſpitting bloud. ſcabs, itch. freckles. morphew.

All Docks being boyled with meat, make it boyled the ſooner; beſide Bloudwort is exceeding ſtrengthning to the Liver, and procure good bloud, being as wholeſom a Pot-herb as any growes in a Garden, yet ſuch is the nicety of the times forſooth, that Women will not put it in the Pot, becauſe it makes the pottage black, Pride and Ignorance (a couple of Monſters in the Creation) preferring nicity before health.

Dodder of Time, or Epithimum, and other Dodder.

Deſcription. This firſt from ſeeds giveth Roots in the ground which ſhooteth forth threds or ſtrings, groſſer or finer, as the property of the Plant wherein it groweth, and the Climate doth ſuffer, creeping and ſpreading on that Plant whereon it faſteneth, be it high or low. Theſe ſtrings have no Leaves at all upon them, but winde and interlace themſelves ſo thick upon a ſmall plant that it taketh away all comfort of the Sun from it, and is ready to choke or ſtrangle it: after theſe ſtrings are riſen up to that height that they may draw nouriſhment from the plant, they ſeem to be broken off from the ground, either by the ſtrength of their riſing, or withered by the heat of the Sun. Upon theſe ſtrings are found cluſters of ſmall heads or huſks, out of which ſtart forth whitiſh flowers, which afterwards give ſmall pale coloured ſeed ſomewhat flat, and twice as big as Poppy-ſeed. It generally participates of the nature of that plant which it climbeth upon, but the Dodder of Time is accounted the beſt, and is the onely true Epithimum.

Virtues and Uſe. This is accounted the moſt effectual for melancholick diſeaſes, and to purge black, or burnt Choller, which is the cauſe of many diſeaſes of

melancholly.

of the head and brains, as also for the trembling of the heart, faintings and swownings. It is helpfull in all diseases and griefs of the Spleen, and of that melancholly that arises from the windiness of the Hypochondria. It purgeth also the Reins, or Kidneys by Urine. It openeth Obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also of the Liver and Spleen; purging the veins of Chollerick and Flegmatick humours, and helpeth childrens Agues, a little Worm seed being put thereto.

Adust, choller, trembling fainting, swowning Spleen, Hypochondria, Obstructions. Gall. Jaundice Liver, disury.

The other Dodders do (as I said before) participate of the nature of those plants whereon they grow: as that which hath been found growing upon Nettles in the West-countrey hath by experience been found very effectual to procure plenty of Urine, where it hath been stopped, or hindred. And so of the rest.

All Dodders are under Saturn, tell not me of Physicians trying up Epithimum, or that Dodder which grows upon Time (most of which comes from Hymettus in Greece, or Hybla in Sicilia, because those mountains abound with Time) he is a Physician indeed that hath wit enough to chuse his Dodder according to the nature of the disease and humour peccant, we confess, Time is the hottest Herb it usually grows upon, and therefore that which grows upon Time is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon as well as from the earth where its Root is, and thus you see old Saturn is wise enough to have two strings to his Bowe.

Sympathy and Antipathy, are the two hinges upon which the whole moudel of Phynck turns, and that Physician which mindes them not is like a Door off from the hooks, more likely to do a man a mischief than to secure him; then all the diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the body he rules; such as caused by Sol it helps by Antipathy, what those diseases are see my judgement of diseases by Astrology, and you be pleased to look the Herb Wormwood, you shall finde a rational way for it.

Dogs grass, or Quich grass.

Description. IT is well known that this grass creepeth far about under ground with long white joynted Roots, and small fibres almost at every joynt, very sweet in taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair long grassie Leaves, small at the ends, and cutting, or sharp on the edges. The stalks are joynted like Corn, with the like Leaves on them, and a long spiked head with long hooks on them, and hard rough seed in them.

Place. It groweth commonly through this Land in

divers plowed grounds, to the no small trouble of the Husbandman, as also of the Gardiners in Gardens to weed it out if they can, for it is a constant Customer to the place it gets footing in.

Virtues and Use. This is the most medicinable of all the Quich-grasses: being boiled and drunk, it openeth Obstructions of the Liver, and Gall, and the stoppings of the urine, and easeth the griping pains of the belly and inflammations, wasteth the matter of the stone in the bladder, and the ulcers thereof also: the Roots bruised and applied doth consolidate wounds: the seed doth more powerfully expell urine, and stayeth the Lask, and vomitings: the distilled water alone, or with a little Wormseed killeth the worms in children.

Liver, Gall, disury, griping, inflammation, ulcers in the bladder, wounds, vomiting worms, stopping.

The way of use is to bruise the Roots, and having well boiled them in white Wine, drink the Decoction, it is opening, but not purging very safe; it is a remedy against all diseases coming of stopping, and such are half those which are incident to the body of man; and although a Gardiner be of another opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot or Cranes-bill.

Description. THis hath divers small, round, pale, green Leaves, cut in about the edges, much like Mallows standing upon long reddish hairy stalks lying in a round compass upon the ground, among which rise up two or three, or more reddish joynted slender, weak, and hairy stalks, with some such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small, bright, red flowers, of five Leaves apiece, after which follow small heads, with small short beaks pointing forth, as all other sorts of these herbs do.

Place. It groweth in pasture grounds, and by the path-sides in many places, and will also be in Gardens.

Time. It flowreth in June, July, and August, some earlier, and some later, and the seed is ripe quickly after.

Virtues and Use. It is found by experience to be singular good for the winde-chollick, and pains thereof as also to expell the stone and gravel in the kidneys. The Decoction thereof in Wine is an exceeding good wound-drink for those that have inward wounds, hurts, or bruises, both to stay the bleeding, to dissolve and expell the congealed blood, and to heal the parts, as also to cleanse, and heal outward sores, ulcers, and fistulaes; and for green wounds many do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to joynt-aches, or pain of the sinews giveth much ease. The pouder, or Decoction

Chollick, Stone gravel, wounds, congealed blood, sores, ulcers, fistulaes, gout, sinews rupture.

ection of the herb taken for some time together is found by experience to be singular good for Ruptures, and Burstings in people, either young or old.

Ducks-meat.

This is so well known to swim on the top of standing waters, as ponds, Pools, and Ditches, that it is needless further to decribe it.

Inflammations, S. Anthonies fire, pestilent sores, swellings of the cod, head-ach.

Virtues and Use. It is effectual to help inflammations, and St. Anthonies fire, as also the Gout, either applied by it self, or in a Pultis with Barley meal. The distilled water hereof is by some highly esteemed, against all inward inflammations, and pestilent Feavers, as also to help the redness of the eys the swellings of the Cods, and of the breasts before they be grown too much. The fresh herb applied to the forehead, easeth the pains of the head-ach coming of heat.

Cancer claims the herb, and the Moon will be Lady of it, a word is enough to a wise man.

Down, or Cotton-thistle.

Descript. This hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered over with a long hairy wool, or Cottony Down, set with most sharp, and cruel pricks; from the middle of whose heads of flowers, thrust forth many purplish crimson threds, and sometimes (although more seldom) white ones. The seed that followeth in these heads lying in a great deal of fine white Down is somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after seed time.

Place. It groweth on divers ditches, banks, and in the Corn fields, and High-ways generally every where throughout the Land.

Time. It flowreth and beareth seed about the end of Summer, when other Thistles do flower and seed.

Wry neck.

Virtues and Use. Pliny and Dioscorides write, that the Leaves and Roots hereof taken in Drink, helpeth those that have a Crick in their Neck, whereby they cannot turn their Neck but their whole body must turn also (Sure they do not mean those that have got a Crick in their Neck by being under the Hangmans hands.) Galen saith, that the Root and Leaves hereof are of a heating quality, and good for such persons as have their bodies drawn together by some spasme or Convulsion; as it is with Children that have the Richets or rather (as the Colledge of Physicians will have it) the Rachites, for which name for the disease, they have

Spasmes, convulsion. rickets.

(in a particular Treatise lately set forth by them) learnedly disputed; and put forth to the publick view, that the world may see, they took much pains to little purpose.

Mars owns the plant, and manifests to the world, that though it may hurt your fingers it will help your body, for I fancy it much for the premises.

The Elder-tree.

I hold it needless to write any description of this, fith every boy that plays with a Potgun, will not mistake another Tree instead of Elder. I shall therefore in this place onely describe the Dwarf Elder, called also Danewort, and Walewort.

The Dwarf Elder.

Description. THis is but an Herb every year dying with his stalks to the ground, and rising again afresh every Spring; and is like unto the Elders both in form and quantity, rising up with a four square, rough hairy stalk, four foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The flowers are white with a dash of purple standing in umbels, very like the Elder also, but more sweet in scent, after which come small blackish Berries, full of juyce while they are fresh, wherein there lie small hard kernels, or seed. The Root doth creep under the upper crust of the ground, springing afresh in divers places being of the bigness of ones finger or thumb sometimes.

Places. The Elder-tree groweth in hedges, being planted there to strengthen the fences, and partitions of ground, and to hold up the banks by ditches, and water-courses.

The Dwarf Elder groweth wilde in many places of England, where being once gotten into a ground it is not easily gotten forth again.

Times. Most of the Elder-trees flower in June, and their fruit is ripe for the most part in August.

But the Dwarf Elder, or Walwort flowereth somewhat later, and his fruit is not ripe untill September.

Virtues and Use. The first shoots of the common Elder boyled like Asparagus, and the young Leaves and stalks boiled in fat broth, doth mightily carry forth flegm and choller. The middle, or inner Bark boiled in water, and given to drink, worketh much more violently, and the Berries either green or dry, expell the same humours, and is often given with good success to help the

flegm, Choller.

the Dropsie. The Bark of the Root boiled in Wine, or the Juyce thereof drunk, worketh the same effects, but more powerfully than either the Leaves or fruit. The juyce of the Root taken doth mightily provoke Vomit, and purgeth the watery humours of the Dropsie. The decoction of the Root taken cureth the biting of the Adder, and biting of mad Dogs; it mollifieth the hardness of the Mother, if women sit therein, and openeth the veins, and bringeth down their Courses: the berries boiled in Wine performeth the same effect; and the hair of the head washed therewith is made black. The juyce of the green Leaves applied to the hot inflammations of the eys, asswageth them. The juyce of the Leaves snuffed up into the nostrils purgeth the Tunicles of the brain. The juyce of the berries boiled with a little Honey, and dropped into the ears, helpeth the pains of them. The decoction of the berries in Wine being drunk provoketh urine. The destilled water of the flowers is of much use to clear the skin from Sun-burning, freckles, Morphew, or the like; and taketh away head-aches coming of a cold cause, the head being bathed therewith. The Leaves or flowers distilled in the moneth of May, and the legs often washed with the said distilled water, it taketh away the Ulcers and sores of them: The eys washed therewith, it taketh away the redness and bloud shot: and the hands washed morning and evening therewith helpeth the Palsie, and shaking of them.

dropsie, venomous beasts, mad dogs Terms provokes inflammations brain, Ears, urine provokes Sun-burning, freckles, morphew, head-ach ulcers. palsie

The Dwarf Elder is more powerfull than the common Elder, in opening and purging choller, flegm, and water, in helping the Gout, the Piles, and womens diseases coloureth the hair black, helpeth Inflammation in the eys, and pains in the ears; the biting of Serpents, or a mad Dog, burnings and scaldings, the winde chollick, chollick and stone, the difficulty of urine, the cure of old sores, and fistulous ulcers.

Gout, inflammation, burning, scalding, chollick stone, disurp.

Either Leaves or Bark of Elder stripped upward as you gather it causeth vomiting, but stripped downward it purgeth downwards. Also Dr. Butler in a Manuscript of his commends Dwarf Elder to the sky for Dropsies, viz. to drink it being boiled in white Wine, to drink the Decoction I mean, not the Elder.

The Elm tree.

THis tree is so well known growing generally in all Countries of this Land; that it is needless to describe it.

Virtues and Use. The Leaves hereof bruised, and applied healeth green wounds being bound thereon with its own Bark; the Leaves or the Bark used with

wounds,

Scurff. Leproſie, beauty, ruptures, ſwelling, baldneſs, Gout, burning.

Vineger, cureth Scurf, and Lepry very effectually: the decoction of the Leaves, Bark, or Root, being bathed, healeth broken bones. The water that is found in the bladders on the Leaves, while it is freſh, is very effectual to cleanſe the skin and make it fair: and if cloaths being often wet therein and applied to the ruptures of Children it helpeth them; if th'y be after well bound up with a truſs. The ſaid water putting into a glaſs, and ſet in the ground, or ſet in dung, for twenty five days, the mouth thereof being cloſe ſtopped; and the bottom ſet upon a lay of ordinary Salt, that the feces may ſettle, and the water become very clear, is a ſingular and ſovereign balm for green wounds, being uſed with ſoft tents: the decoction of the Bark of the Root fomented mollifieth hard tumors, and the ſhrinking of the ſinews. The Roots of the Elm boyled for a long time in water, and the ſtrong on the top thereof being clean ſcummed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly reſtore them again. The ſaid Bark ground with brine and pickle until it come to the form of a Tultis, and laid on the place pained with the Gout, giveth great eaſe. The Decoction of the Bark in water is excellent to bath ſuch place as have burned with fire.

Endive.

Deſcription. The common garden Endive beareth a longer and a larger Leaf than Succory, and abideth but one year, quickly running up to ſtalk and ſeed, and then periſheth: it hath blue flowers, and the ſeed of the ordinary Endive is ſo like Succory ſeed, that it is hard to diſtinguiſh them.

Virtues and uſe. The decoction of the Leaves, or the juyce, or the diſtilled water of Endive ſerveth well to cool the exceſſive heat in the Liver and Stomach, and in the hot fits of Agues, and all other Inflammations in any part of the body; it cooleth the heat and ſharpneſs of the Urine, and the excoriation in the uritory parts: the ſeed is of the ſame property, or rather more powerfull, and beſides is available for the faintings, ſwoonings, and paſſions of the heart. Outwardly applied they ſerve to temper the ſharp humours of fretting Ulcers, hot tumours and ſwellings, and peſtilential ſores; and wonderfully helpeth not onely the redneſs and Inflammation in the eye, but the dimneſs of the ſight alſo; they are uſed alſo to allay the pains of the Gout.

Liver. Stomach. Agues. ſharpneſs of Urine, and excoriation there by. paſſions of the heart. Ulcers, ſwelling, Eye, Gout.

You cannot uſe it amiſs, a Syrup of it is a fine cooling medicine for Feavers.

Elecam-

Elecampane

Description. THis shooteth forth many large Leaves, long, and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath each set upon a short footstalk; from among which rise up divers great, and strong hairy stalks, three or four foot high with some Leaves thereon compassing them about at the lower ends, and are branched towards the tops, bearing divers great and large flowers like those of the Corn Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Doun; with long small brownish seed among it, and is carried away with the winde. The Root is great and thick, branched forth divers ways, blackish on the outside, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the plant having any smell.

Place. It groweth in the moist grounds, and shadowy places ofner than in the dry and open borders of fields and lanes, and in other waste places almost in every County of this Land.

Time. It flowreth in the end of June and July, and the seed is ripe in August; the Roots are gathered for use as well in the Spring before the Leaves come forth as in Autumn or Winter.

Virtues and Use. The fresh Roots of Elecampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and windy stomach, or the pricking therein, and stitches in the sides caused by the Spleen; and to help the Cough, shortness of breath, and wheesing in the Lungs. The dried Root made into pouder, and mixed with Sugar and taken, serveth to the same purposes, and is also profitable for those that have their urine stopped; or the stopping of womens Courses, the pains of the Mother, and of the stone in the reins, kidneys, or bladder: it resisteth poyson, and stayeth the spreading of the venom of Serpents, as also of putrid and pestilential Feavers, and the Plague it self. The Roots and herb beaten and put into new Ale or Beer, and dayly drunk, cleareth, strengthneth, and quickneth the sight of the eys wonderfully. The decoction of the Roots in Wine, or the juyce taken therein, killeth and driveth forth all manner of Worms in the belly, stomach and maw; and gargled in the mouth; or the Root chewed fastneth loose teeth, and helpeth to keep them from putrefaction: and being drunk is good for those that spit bloud, helpeth to remove Cramps or convulsions, and the pains of the Gout the Sciatica, the loosness and pains in the joynts, or those members that are out of joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are bursten, or have any inward bruise. The Roots boiled well in Vineger, beaten afterwards and made into

cold, stomach, winde, stitch, spleen, cough, shortness of breath, wheesing, worms, provokes, mother, stone, poyson, venomous beasts, pestilence, Eys, worms, loose teeth, spitting bloud, cramps, convulsions, gout, joynts, itch.

into an Ointment, with Hogs Suet, or Oyl of Troters, is an excellent remedy for Scabs, or Itch, in young, or old: the places alſo bathed, or waſhed with the decoction doth the ſame; it alſo helpeth all ſorts of filthy, old, putrid ſores or Cankers whereſoever. In the Roots of this Herb lieth the chief effect for all the remedies aforeſaid: the diſtilled water of the Leaves and Roots together is very profitable to cleanſe the ſkin of the face, or other parts, from any morphew, ſpots, or blemiſhes therein, and maketh it clear.

Cankers.

Freckles, morphew, ſpots.

Eringo, or Sea-Holly.

Deſcription. THe firſt Leaves of our ordinary Sea-Holly, are nothing ſo hard and prickly as when they grow old, being a muſt round, and deeply dented about the edges; hard, and ſharp pointed, and a little crumpled, of a bluiſh green colour, every one upon a long foot-ſtalk: but thoſe that grow up higher with the ſtalk, do as it were compaſs it about. The ſtalk it ſelf is round and ſtrong, yet ſomewhat creſted with joynts and Leaves ſet thereat, but more divided, ſharp, and prickly; and branches riſing from thence, which have likewiſe other ſmaller branches, each of them bearing ſeveral bluiſh, round prickly heads, with many ſmall jagged prickly Leaves under them ſtanding like a ſtar, and are ſometimes found greeniſh or whitiſh: the Root groweth wonderfull long, even to eight or ten foot in length, ſet with rings or circles toward the upper part but ſmooth and without joynts down lower, brownish on the outſide, and very white within, with a pith in the middle, of a pleaſant taſte, but much more being artificially preſerved and candied with Sugar.

Place. It is found about the Sea coaſts, in almoſt every Countrey of this Land, which bordereth upon the Sea.

Time. It flowereth in the end of Summer, and giveth ripe ſeed within a month after.

Obſtructions, Jaundice, Liver, yellow jaundice, Dropſie, cholicke, diſury, ſtrangury, Reins, French Pox, Kings Evil, venomous beaſts.

Virtues and uſe. The decoction of the Root hereof in Wine is very effectual to open the obſtructions of the Spleen and Liver, and helpeth the yellow Jaundice, the Dropſie, the pains in the Loins, and winde-chollick, provoketh urine, and expelleth the ſtone and procureth womens Courſes, the continued uſe of the decoction for fifteen days, taken faſting, and next to bedward, doth help the ſtrangury, the piſſing by drops, the ſtopping of Urine and ſtone, and all the defects of Reins, or Kidneys; and if the ſaid drink be continued longer, it is ſaid that it perfectly cureth the ſtone, and that experience hath found it ſo: it is found good againſt the French Pox. The Roots bruiſed and applied outwardly, helpeth the kernels of the Throat, commonly called the Kings evil; or taken inwardly and applied to the place ſtung, or bitten by any Serpent,

healeth it speedily. If the Roots be bruised and boiled in old Hogs grease or salted Lard, and applied to broken bones, thorns &c. remaining in the flesh, doth not only draw them forth, but healeth up the place again, gathering new flesh where it was consumed: the juyce of the Leaves dropped into ears, helpeth impostumes therein: the distilled water of the whole herb when the Leaves and stalks are young, is profitably drunk for all the purposes aforesaid; and helpeth the melancholly of the heart, and is available in quinsan and quotidian Agues, as also for them that have their necks drawn awry, and cannot turn them, without turning their whole body

Broken bones, splinters, thorns, Impostumes, melancholly, quinsan and quotidian agues, wry neck

The plant is venerial, and breedeth seed exceeding highly, and strengthens the spirit procreative, it is hot and moist, and under the celestial balance.

Eyebright.

Description. The common Eyebright is a small low herb, rising up usually but with one blackish green stalk scarce high, not much more, spread from the bottom into sundry branches, whereon are set small and almost round, yet pointed dark green Leaves finely snipped about the edges, two always set together, and very thick: at the joynts with the Leaves from the middle upward, come forth small white flowers striped with Purple and yellow spots or stripes after which follow small round heads with very small seed therein: the Root is long, small, and threddy at the end.

Place. It groweth in many meadows, and gradie places in this Land.

Virtues and Use. If this herb were but as much used as it is neglected, it would half spoil the spectacle makers Trade; and a man would think that reason should teach people to prefer the preservation of their natural before artificial spectacles: which that they may be instructed how to do, take the virtues of Eyebright as followeth

Eys, dimnesse, brain. Memory.

The juyce or distilled water of Eyebright taken inwardly in white wine or broth, or dropped into the eys for divers days together, helpeth all infirmities of the eys that cause dimnesse of sight: some make a Conserve of the flowers to the same effect: being used any of these ways; it also helpeth a weak brain or memory This runned up with strong Beer that it may work together, and drunk; or the powder of the dried herb mixed with Sugar a little Mace and Fennel-seeds, and drunk or eaten in broth: or the said powder made into an Electuary with Sugar and taken, hath the same powerfull effect to help and restore the sight decayed through age. And Arnoldus de villa nova hath restored sight to them that have been blinde a long time before.

It is under the sign of the Lion, and Sol claims dominion over it

Fern.

Description. OF this there are two kinds principally to be noted, viz. The Male and Female; the Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided or dented and of as strong a smell as the Male; the virtues of them are both alike; and therefore I shall not trouble you with any further description or distinction of them.

Place. They both grow on Heaths, and in shady places near the Hedg-sides in all Countries of this Land

Time. They flourish and give their seed at Mid-summer.

The female Fern is that plant which is in Suffex called Brakes, the seed of which some Authours hold to be so rare, such a thing there is I know, and may easily be had upon Mid-summer Eve, and for ought yet I know, two or three days before or after, if not more.

Virtues and Use. The Roots of both these sorts of Ferns, being bruised or boil'd in Mead or Honyed water and drunk killeth both the broad and long worms in the body; and abateth the swelling and hardness of the Spleen. The green Leaves eaten, purgeth the belly of choller ick, and watrish humours, but it troubles the stomach. They are dangerous for women with childe to meddle with, by reason they cause abortments. The Roots bruised and boiled in Oyl or Hogs grease, maketh a very profitable Ointment to heal wounds, or pricks gotten into the flesh. The pouder of them used in some ulcers, drieth up their malignent moisture, and causeth their speedier healing: Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noysom creatures, which in the Fenny Countries do in the night-time trouble and molest people lying in their beds with their faces uncovered, it causeth barrenness.

worms, spleen, flegm, choller, stomach, women

ulcers, Serpents, Gnats, venemous beasts.

Osmond Royal, or Water Fern.

Description. THis shooteth forth in the Spring-time (for in the Winter the Leaves perish) divers rough hard stalks, half-round and hollowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former: from the top of some of these stalks grow forth a long bush of small, and more yellowish, green scaly ackers as it were set in the same manner on the stalks as the Leaves are, which are accounted the flower and seeds; the root is rough, thick, and

and scaly, with a white pith in the middle which is called the heart thereof.

Place. It groweth on Moors, Bogs and watery places in many parts of this Land.

Time. It is green all the summer; and the Root ever abideth in Winter.

Virtues and Use. This herb all the virtues mentioned in the former Ferns and is much more effectual than they both for inward and outward griefs; and is accounted singular good in wounds, bruises, or the like, the decoction to be drunk, or boiled into an Ointment or Oyl, as a Balsom or Balm, and so it is singular good against bruises, and bones broken or out of joynt, and giveth much ease to the Chollick, and splenetick diseases, as also for Ruptures or burstings. The decoction of the root in white wine provokes urine exceedingly, and cleanseth the Bladder and passages of the Urine. wounds, bruises, broken bones, chollicks, spleen, ruptures, disease.

Featherfew.

Description. Common Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges: the stalks are hard, and round set with many such like Leaves, but somewhat smaller, and at the tops stand many single flowers upon severall small footstalks, consisting of many small white Leaves, standing round about a yellow thrum in the middle. The Root is somewhat hard and short, with many strong fibres at it: the scent of the whole plant is very strong, and stuffing, and the taste very bitter.

Place. This groweth wilde in some places of this Land; but it is for the most part nourished in Gardens.

Time. It flowreth in the moneths of June and July.

Virtues and Use. It is chiefly used for the diseases of the Mother, whether it be the strangling or rising of the Mother, or hardness, or inflammations of the same, applied outwardly thereunto: or a decoct on of the flowers in wine with a little Nutmeg or Mace put therein and drunk often in a day, and is an approved remedy to bring down womens Courses speedily and helpeth to expell the dead birth and afterbirth. For a woman to sit over the hot fumes of the Decoction of the herb made in water or wine is effectual also for the same; and in some cases to apply the boiled herb warm to the privy parts. The decoction thereof made, with some Sugar or Honey put thereto, is used by many with good success, to help the Cough, or stuffing of the Chest by cold, as also to cleanse the Reins and Bladder, and help to expell the stone in them. The powder of the herb taken in wine, with some Oxis el purgeth both choller and flegm, and is available for those that are short winded; and are troubled with me- Mother womb, stirres provokes, dead birth, after-birth, cough, reins, bladder, choller, flegm,

Melancholly, sadness, headach, Vertigo.

Melancholly and heaviness, or sadness of the Spirit. It is very effectual for all pains in the head coming of a cold cause, the Herb being bruised, and applied to the crown of the head; as also for a Vertigo, that is a turning, or swimming in the head. The Decoction thereof drunk warm, and the Herb bruised with a few corns of Bay salt, and applied to the wrists before the coming of the Ague fits, doth take them away. The distilled water taketh away Freckles, and other Spots and Deformities in the face. The herb bruised and heated on a Tyle, with some wine to moisten it, or fried with a little wine and Oyl in a frying-pan, and applied warm outwardly to the places, helpeth the winde and Chollick in the lower part of the belly; It is an especial remedy against Opium taken too liberally.

Ague, Deformity of the Skin, Wind-Chollicks Opium.

Venus commands the Herb, and hath commanded it to succour her Sisters (Women) and to be a general strengthner of their Wombs, and remedy such infirmities, as a careless Midwife hath there caused, if they will be but pleased to make use of her Herb boiled in white Wine, and drink the Decoction. It cleanseth the Womb, expelleth the Afterbirth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tell them if they please they may make a Syrup of it in Summer.

Fennel.

EVery Garden affordeth this so plentifully, that it needeth no description.

Winde, Disury, Stone, increaseth milk, Amends Milk, Hiccough, Loathing of meat, venomous Beasts, Poison, Mushroms, Obstructions in the Liver, spleen, and Gall, yellow Jaundice

Virtues and Use. Fennel is good to break winde to provoke Urine, and ease the pains of the Stone, and help to break it. The Leaves or Seed boiled in Barley-water and drunk is good for Nurses to increase their Milk, and make it more wholsom for the Childe: The Leaves, or rather the seed boiled in water stayeth the Hiccough, and taketh away that loathing which oftentimes happeth to the stomachs of sick and Feaverish Persons, and allayeth the heat thereof. The seed boiled in Wine, and drunk is good for those that are bitten by Serpents, or have eaten poysonfull Herbs or Mushroms: The seed and the root much more helpeth to open Obstructions of the Liver, spleen, and Gall, and thereby helpeth the painfull and windy swellings of the spleen, and the yellow Jaundice, as also the Gout and Cramps. The seed is of good use in Medicines to help shortness of breath, and wheesing by stopping of the Lungs. It helpeth also to bring down the Courses and to cleanse the parts after delivery. The Roots are of most use in Physick, drinks & Broths that are taken to cleanse the bloud, to open Obstructions of the Liver, to provoke Urine, and amend the ill colour in the Face after sickness, and to cause a good habit through the body: Both Leaves, seeds, and Roots hereof are much used in drinks, or Broths, to make people more spare

and

and lean that are too far. The distilled water of the whole Herb, or the condensate juyce dissolved; but especially the natural juyce that in hot Countries issueth out thereof, of its own accord, dropped into the eyes cleanseth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physical use, than the common Fennel. The wilde Fennel is stronger and hotter than the tame, and therefore most powerfull against the stone, but not so effectual to increase Milk, because of its dryness.

Gout, Cramp, wheezing, Terms provokes, After-delivery, cleanses, open passages, Eys.

One good old fashion is not yet quite left off viz. To boil Fennel with fish, for it consumes that flegmatick humour which fish most plentifully afford and annoy the body: therefore it is a most fit Herb for that purpose, though few that use it know why, or wherefore they do it. I suppose the reason of its benefit this way is, because it is an Herb of Mercury, and under Virgo, and therefore bears Antipathy to Pisces. Dill is also an Herb of Mercury, which I forgot to certifie you of before.

Sow-Fennel, or Hogs-Fennel.

Description. THe common Sow-Fennel hath divers branched stalks of thick and sometwhat long leaves, three for the most part joyned together at a place, among which riseth a crested straight stalk, less than Fennel, with some joynts the common leaves growing thereat and toward the top some branches issuing from thence, likewise on the tops of the stalk and branches stand divers tufts of yellow flowers, where after grow somewhat flat rims, and yellowish seed bigger than Fenne seed: The Root groweth great and deep with many other parts and fibres about them, of a strong scent like hot bitumen, and yielding forth a yellowish milk or clammy juyce almost like a Gum.

Place. It groweth plentifully in the salt low Marshes near by Feaverham in Kent.

Time. It floweth and seedeth in July and August.

Lethargy, Frenzy, Vertigo, Falling-sickness, headach, Palsey, Sciatica, cramp, sinews, shortness of breath, wind, spleen, childbirth, Reins, Bladder.

Virtues and Use. The juyce of Sow Fennel (saith Dioscorides and Galen) used with Vinegar and Rose-water, or the juyce with a little Euphorbium put to the Nose, helpeth those that are troubled with the Lethargy, the frensie, the turning, or giddiness of the head, the Falling sickness, long and inveterate Headach, the Palsie, Sciatica, and the Cramp, and generally all the diseases of the sinews, used with Oil and Vinegar. The juyce dissolved in wine or put into an Egg, is good for the Cough, or shortness of breath, and for those that are troubled with the winde in the body, it purgeth the belly gently, helpeth the hardness of the spleen, giveth ease to women that have sore travail in Child-birth, and easeth the pains of the Reins and Bladder, and also of the Womb. A little of the juyce dissolved in Wine and dropped into the ears, easeth much

Wounds, Ears, Hollow Teeth, Ulcers, broken Bones, Thorns, wounds.

much of the pains in them; and put into an hollow Tooth, easeth the pain thereof. The Root is less effectual in all the aforesaid diseases: yet in the powder of the Root cleanseth foul Ulcers being put into them; and taketh out splinters of broken bones, or other things in the flesh, and healeth them perfectly, as also it driveth up old or inveterate running sores, and is of admirable virtue in all green wounds.

Fig-wort, or Throat-wort.

Description.

THE common great Fig-wort sendeth forth divers great, strong, hard, square, brown stalks three, or four foot high, wherein grow large, hard, and dark-green Leaves, two at a joynt, which are larger and harder than Nettle leaves, but not stinging: At the tops of the stalks stand many purple flowers set in Husks, which are somewhat gaping and open, somewhat like those of Water-Betony; after which come hard round heads, with a small point in the middle, wherein lyeth small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground; which abideth many years, but keepeth not his green leaves in Winter.

Place. It groweth frequently in moist and shadowy Woods, and in the lower parts of fields and Meadows.

Time. It flowereth about July, and the seed will be ripe about a month after the flowers are fallen.

Congealed blood, by wounds Bruise or Fall, Kings Evil, Vlcers, Hemorrhoids, Fundament, Ulcers, scurf, spots, freckles, deformity, Leprosie.

Virtues and Use. The decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted, or congealed blood within the body, coming by any wound, bruise, or fall; and is no less effectual for the Kings Evil, or any other knots, kernels, bunches, or Wens growing in the flesh wheresoever; and for the Hemorrhoids, or Piles, or other knobs or kernels which sometimes grow about the Fundament: An Ointment made hereof, may be used at all times when the fresh Herb is not to be had. The distilled water of the whole Plant, Roots, and all is used for the same purposes, and driveth up the superfluous virulent moisture of hollow and corroding Ulcers; it taketh away all redness, spots, and freckles in the face, as also the scurf, or any foul deformity thereof, and the leprosie likewise.

Some Latin Authours call it Cervicaria, because it is appropriated to the Neck, and we Throat-wort, because it is appropriated to the Throat. Venus owns the Herb, and the Celestial Bull will not deny it, therefore a better remedy cannot be for the Kings Evil, because the Moon that rules the disease is exalted there: not for any disease in the Neck, the rest of the diseases specified, you may if you look, see a very good reason for their cure by this Herb.

Fits,

Filipendula, or Dropwort.

Descri-ption. THis sendeth forth many leaves some bigger, some lesser, set on each side of a middle rib, and each of them dented about the edges, somewhat resembling wilde Tansie, or rather Agrimony, but harder in handling, among which riseth up one, or more stalks two, or three foot high, with like leaves growing thereon, and sometimes also divided into other branches, spreading at the top into many white sweet smelling flowers, consisting of five leaves apiece with some threds in the middle of them standing together in a tuft, or Umbel, each upon a small Footstalk, which after they have been open and blown a good while do fall away, and in their places appear small, round chaffy heads like buttons, wherein are the chaffy seed set and placed. The Root consists of many small black tuberous pieces, fastned together by many small long blackish strings, which run from one to another.

Place. It groweth in many places of this Land, in the corners of dry fields and Meadows, and their hedg-sides.

Time. They flower in June and July, and their seed is ripe in August.

Vertues and Use. It is very effectual to open the passages of the Urine, and help the Strangury, and all other pains of the Bladder and Reins, helping mightily to expell the stone in the Kidnies, or Bladder, and the Gravel also, and these are done by taking the Roots in pouder, or a decoction of them in white wine, whereunto a little Honey is added: The same also helpeth to expell the After-birth. The Roots made into pouder, and mixed with Honey into the form of an Electuary, doth much help them whose stomachs are swollen, dissolving and breaking the winde, which was the cause thereof, and is also very effectual for all diseases of the Lungs, as shortness of breath, wheesings, hoarsness of the Throat, and the Cough, and to expectorate cold flegm, or any other parts thereabouts.

Disury, Strangury, Reins, Bladder, Stone, Gravel, VVinde, Lungs, wheesing, Hoarsness, cough, flegm.

It is called Dropwort, because it helps such as piss by drops.

The Yellow Water Flag, or Flower-de luce.

Descri-ption. THis groweth like the Flower-de luces, but it hath much longer, and narrower sad green leaves joyned together in that fashion; the stalk also groweth oftentimes as high, bearing small yellow flowers, shaped like the Flower-de-luce, with three falling leaves, and other three arched that cover their bottoms; but instead of the three upright leaves, as the Flower-de luce hath, this hath onely three short pieces standing in their places, after which succeed thick and

long three square heads, containing in each part some what big, and flat seed like to those of the Flower de luces: The Root is long and slender of a pale brownish colour on the outside, and of a Hore flesh colour on the inner side, with many hard fibres thereat, and very harsh in taste.

Place. It usually groweth in watery ditches Ponds, Lakes, and Moor-sides, which are always overflown with water.

Time. It flowereth in July, and the seed is ripe in August.

Binder, cools drier, Flux, bloody Flux bleeding, Terms, stops, Eys, Spots blemishes Inflamations. Sore breasts, cankers, Ulcers, Noli me tangere.

Vertues and Use. The Root of this Water-Flag is very astringent, cooling, and drying, and thereby killeth all Lasks and Fluxes, whether of blood, or humours, as bleeding at Mouth, Nose, or other parts, bloody Fluxes, and the immoderate Flux of Womens Courses. The distilled water of the whole Herb flowers, and Roots is a sovereign good remedy for watering eys, both to be dropped into them, and to have Cloaths, or Spunges wetted therein and applied to the Forehead; It also help the the spots, or blemishes that happen in, or about the eys, or in any other parts. The said water fomented on swellings, and hot inflammations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers called Noli me Tangere, doth much good; It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere An Ointment made of the flowers is better for these external applications.

Take notice that the Moon rules the plant, and thus I have done.

Flaxweed, or Toadflax.

Descript. OUr common Flaxweed hath divers stalks full prick fraught with long and narrow blue, or Ash-coloured leaves, and from the middle of them almost upward stored with a number of pale yellow flowers of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seeds in round heads. The Root is somewhat woody and white, especially the main downright one, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place. This groweth throughout this Land, both by the way-sides in Meadows as also by hedg sides, and upon the sides of banks and borders of fields.

Time. It flowreth in Summer, and the seed is ripe usually before the end of August.

Dissury, Dropsie, Obstruction of the liver.

Vertues and Use. This is frequently used to provoke Urine, being stopped, and to expel the abundance of those watery humours by Urine, which cause the Dropsie. The decoction of the Herb both leaves and flowers in Wine, taken and drunk, doth somewhat move the belly downwards, openeth obstructions of the Li-

ver

ver, and helpeth the yellow Jaundice, expelleth Poison, provoketh Womens Courses, driveth forth the dead Childe, & After-birth. The distilled water of the Herb and flowers is effectual for all the same purposes especially being drunk with a dram of the powder of the Seeds, or Bark of the Root of Wolwort, and a little Cinnamon for certain days together, it is held a singular remedy for the Dropsie: The juyce of the Herb, or the distilled water dropped into the Eys, is a certain remedy for all heat, inflammations, and redness in them. The juyce, or water put into foul Ulcers, whether they be Cancrous, or Fistulous, with tents rouled therein, or the parts washed, or injected therewith cleanseth them throughly from the bottom, and healeth them up safely. The same juyce or water effectually cleanseth the skin wonderfully of all sores of deformity thereon, as Leprie, Morphew, Scurff, Wheals, Pimples, or any other spots, or Marks in the skin, applied of it self, or used with some powder of Lupines.

Yellow Jaundice, Dead child and After-birth, Inflammations, Eys ulcers Cancers, Fistulars, Leprosie, Scabs, Pimples, Freckles.

Mas owns the Herb, in Suff. we call it Gall-wort, and lay it in our Chickens water, to cure them of the Gall, I think I am sure it relieves them when they are drooping.

Fleawort.

Descript. THe ordinary Fleawort risheth up with a Stalk two foot high, or more, full of joynts and branches on every side up to the top, at every joynt two small long and narrow whitish green leaves, somewhat hairy: At the tops of every branch stand divers small short scaly, or chaffy heads, out of which come forth small whitish yellow threds, like to those of the Plantane Herbs, which are the bloomings, or owners. The seed inclosed in those heads, is small and shining while it is fresh very like unto Seas, both for colour and bignes, but turning black when it groweth old. The Root is not long but white, hard, and woody, perishing every year, and rising again of its own seed for divers years, if it be sufered to stand: The whole Plant is somewhat whitish and hairy, smelling somewhat like Rosin.

There is another sort hereof differing not from the former in the manner of growing, but onely that his Stalk and branches being somewhat greater do a little more bow down to the ground: The leaves are somewhat larger, the heads somewhat lesser, the Seed like; and the root and leaves abide all the Winter, and perish not as the former.

Place. The first groweth onely in Gardens, the second plentifully in fields that are near the Sea.

Time. They flower in July, or thereabouts

Virtues and Use. The seed fried, and so taken stayeth the Flux, or Lask of the belly, and the corrosions that come by reason of hot, Choleriek, sharp, and

Flux, corrosion.

Choller. ick humours, agues feavers, Inflammation, thirst, hoarsnes salt humours, pluriſies Hemorrhoids, head-ach, megrim, impoſt. humors, blains, wheals, puſhes, purples Gout, joynts ſciatica, nipples, ſore breaſts, ears worms, ulcers.

malignant humours or by the too much purging of any violent medicine, as Scammony, or the like. The Mucellage of the ſeed made with Roſe water, and a little Sugar Candy put thereto is very good in all hot Agues and burning Feavers, and other Inflammations to cool the thirſt, and leniſie the drineſs and roughneſs of the tongue and throat. It helpeth alſo hoarſe'ſs of the voice, and diſeaſes of the breaſt and lungs cauſed by heat, or ſharp ſalt humours and the Pluriſie alſo. The Mucellage of the ſeed made in Plantane water, where. unto the yolk of an egg or two, and a little Popoken is put, is a moſt ſafe and ſure remedy to eaſe the ſharpneſs, pricklings, and pains of the Hemorrhoids or Piles if it be laid on a cloath and bound thereto. It helpeth alſo all Inflammations in any parts of the body, and the pains that come thereby, as the head-ach and Megrim, and all hot Impoſtumes or ſwellings, or breakings out of the ſkin, as blains, wheals puſhes purples and the like; as alſo the pains of the joynts and of thoſe that are out of joynt, the pains of the Gout, and Sciatica, the burſting of young children, and the ſwelling of the Navil, applied with Oyl of Roſes and Vineger. It is alſo very good to heal the Nipples and ſore breaſts of women being often applied thereunto. The juyce of the herb with a little Honey put into the Ears helpeth the running of them, and the worms breeding in them: the ſame alſo mixed with Hogs greaſe, and applied to corrupt and filthy Ulcers and ſores, cleanſeth and healeth them.

The herb is cold and dry. Saturnine; I ſuppoſe it obtained the name Fleawort becauſe the ſeeds are ſo like Fleas.

Flixweed.

Deſcri. THis riſeth up with a round upright hard ſtalk four or five foot high, ſpread into ſundry branches, whereon grow many grayiſh green leaves very finely cut and ſevered into a number of ſhort and almoſt round parts. The flowers are very ſmall and yellow growing ſpike-faſhion, after which come very ſmall long Pods, with very ſmall yellowiſh ſeed in them. The Root is long and woody periſhing every year.

There is another ſort differing in nothing ſave only it hath ſomewhat broader Leaves: they have a ſtrong evil ſavour being ſmelt unto, and are of a drying taſte.

Place. They grow wilde in the fields by hedg-ſides and high-ways, and among rubbiſh, and in many other places

flux, bleeding.

Time. They flower and ſeed quickly after, namely in June and July.

Virtues and Uſe. Both the herb and ſeed of Flixweed is of excellent uſe to ſtay the flux or Laſk of the belly

belly being drunk in water, wherein gads of steel heated have been often quenched: and is no less effectual for the said purpose than Plantane or Comfry and to restrain any other flux of blood in man or woman; as also to consolidate bones broken or out of joynt. The juyce thereof drunk in Wine, or the decoction of the herb drunk, doth kill the worms in the stomach or belly, or the worms that grow in putrid and filthy ulcers, and made into a Salve doth quickly heal all old sores, how foul or malignant soever they be. The distilled water of the herb worketh the same effects although somewhat weaker: yet is a fair medicine, and more acceptable to be taken.

bloudy flux, Terms stops, broken bones, members disjynted, worms, sores, ulcers.

It is called Flixweed because it cures the Flux, and for its uniting broken bones, &c. Paracelsus extols it to the skies. It is fitting Syrups, Ointments, and Plaisters of it were kept in your houses.

Flower-de-luce.

Description. THis is so well known being nursed up in most Gardens, that I shall not need to spend time in writing a description thereof.

Time. The flaggy kindes thereof have the most physical uses; the Dwarf kindes thereof flower in April, the greater sorts in May.

Vertues and Use. The juyce or decoction of the green Roots of the flaggy kinde of flower-de-luce with a little Honey drunk, doth purge and cleanse the stomach of grosse and tough flegm and choller therein: It helpeth the Jaundice and the Dropsie, by evacuating those humours both upwards and downwards, and because it somewhat burneth the stomach, is not to be taken but with Honey and Spickenard. The same being drunk doth ease the pains and torments of the belly and sides, the shaking of Agues, the diseases of the Liver and Spleen the worms in the belly, the stone in the reins, Convulsions or Cramps that come of cold humours, it also helpeth those whose seed passeth from them unawares; it is a remedy against the bitings and stingings of venomous creatures being boiled in water and Vineger and drunk: being boiled in wine and drunk it provoketh urine, helpeth the Chollick, bringeth down womens Courses; and made up into a Pessary with Honey, and put up into the body, draweth forth the dead childe. It is much commended against the Cough to expectorate rough flegm; it much easeth pains in the head, and procureth sleep: being put into the nostrils it procureth sneesing, and thereby purgeth the head of flegm: the juyce of the Root applied to the Piles or Hemorrhoids giveth much ease. The decoction of the Roots gargled in the mouth easeth the tooth-ach, and helpeth a stinking breath. The Oyl called Oleum Irinum, if it be rightly made of the great broad flag Flower-de-luce (and not of the great Bul-

Stomach, flegm, choller jaundice, dropsie, belly, sides, agues, Liver, Spleen, stone, convulsion, cramps, venomous beasts, diseases, chollick, terms provoketh cough, sneesing, hemorrhoids, tooth-ach

Bulbous blue Flower-de-luce as is used by some Apothecaries) and the Roots of the same of the flagg kindes is very effectual to warm and comfort all cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumours or swellings in any part of the body, as also of the matrix: it helpeth the Cramp, and Convulsion of the sinews: the head and temples anointed therewith helpeth the Catarack or thin Rheum distilling from thence; and used upon the breast or stomach, helpeth to extenuate the cold tough flegm. It helpeth also the pains and noise in the ears, and the stench of the nostrils. The Root it self either green or in pouder helpeth to cleanse, heal, and incarnate wounds, and to cover the naked bones with flesh again that Ulcers have made bare; and is also very good to cleanse and heal up fistulats and Cankers that are hard to be cured.

Joints, sinews, Gout, Sciatica, wounds, rheum, breast, wounds, ulcers, fistulaes, cankers.

Fluellin.

Description. THis shooteth forth many long branches partly lying upon the ground and part standing upright, set with almost round leaves, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the joynts all along the stalks, and with the leaves come forth small flowers one at a place upon a very small short footstalk, gaping somewhat like Snapdragon, or rather like Toadflax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small heel or spur behinde after which come small round heads, containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again on its own sowing.

There is another sort of Fluel in which hath longer branches, wholly trailing upon the ground two or three foot long, and sometimes more, thinner set with Leaves thereon, upon small footstalks: the Leaves are a little larger, and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were ears, somewhat hairy, but not hoary, and of a better green colour than the former, the flowers come forth like the former but the colours therein are more white than yellow, and the purple not so fair, it is a larger flower, and so are the seed and seed vessels; the Root is like the other, and perisheth every year.

Place. They grow in divers Corn-fields, and in borders about them, and in other fertile grounds about Southfleet in Kent abundantly, at Buckworth, Hamerton, and Richwersworth in Huntingtonshire, and in divers other places.

Time. They are in flower about June and July, and

the whole plant is dry and withered before August be done.

Virtues and Use. The Leaves bruised and applied with Barley meal to watering eys that are hot and inflamed by defluxions from the head doth very much help him, as also the fluxes of blood or humours, as the Lask, bloudy flux, womens Courses and stayeth all manner of bleeding at nose, mouth or any other place, or that cometh by any bruise or hurt, or bursting a vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthning: and is no less effectual both to heal and close green wounds, as to cleanse or heal all foul of old ulcers, fretting or spreading Cankers, or the like.

Eys, flux, bloudy flux, terms stops.

wounds, ulcers, cankers.

Bees are industrious, and go abroad to gather Honey from each plant and flower, but Drones lie at home, and eat up what the Bees have taken pains for, just so do our Colledg of Physicians, lie at home and domineer, and suck out the sweetness of other mens Labours and studies, themselves being as ignorant in the knowledg of herbs, as a Childe of four years old as I can make appear to any rational man by their last Dispensatory, now then to hide their ignorance, there is not a readier way in the world, than to hide knowledg from their Countreymen, that so no body might be able so much as to smell out their ignorance; when simples were more in use mens bodies were in better health by far than now they are or shall be, if the Colledg can help it. The truth is, this herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a man a courtesie that hath any hot virulent sores, it is admirable for the ulcers of the French Pox, and being a gallant antivenerian medicine under the dominion of Saturn, if taken inwardly may cure the disease. It was at first called Female-speedwel, but a shentleman of Wales whose nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured by only the use of this herb, to honour the herb for saving his nose whole, gave it one of her own Countrey nams, Lluellin.

Foxglove.

Description. THis hath many long & broad Leaves lying upon the ground dented about the edges, a little soft or woolly, and of a heary green colour among which rise up sometimes sundry stalks but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large & long hollow reddish purple flowers, a little more long and eminent at the lower edg, with som white spots within them, one above another, with small green Leaves at every one, but all of them turning their heads one way, & hanging downwards,

having some threds also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed lieth. The Roots are many small husky fibres, and some greater strings among them; the flower hath no scent, but the Leaves have a bitter hot taste.

Place. It groweth on the hot sandy grounds for the most part, and as well on the higher as lower places under hedg sides in almost every County of this Land.

Time. It seldom flowreth before July, and the seed is ripe in August.

Virtues and Use. This Herb is familiarly and frequently used by the Italians to heal any fresh or green wound, the Leaves being but bruised and bound thereon; and the juice thereof is also used in old sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey is available to cleanse and purge the body, both upwards and downwards sometimes of tough flegm & clammy humours and to open obstructions of the Liver and Spleen; it hath been found by experience to be available for the Kings Evil, the Herb bruised and applied, or an Ointment made with the juyce thereof and so used and a Decoction of two handfulls thereof with four Ounces of Polipody in Ale, hath been found by late experience to cure divers of the falling sickness, that have been troubled with it above twenty years.

wounds, cleanse, dry heal, obstructions of the liver and spleen, Kings Evil, falling sickness, scabby heads.

My self am confident that an Ointment of it is one of the best remedies for a scabby head that is.

Fumitory.

Description. Our common Fumitory is a tender sappy herb, sending forth from one square slender weak stalk and leaning downwards on all sides many branches two or three foot long, with finely cut and jagged Leaves of a whitish or rather bluish Sea-green colour, at the tops of the branches stand many small flowers, as it were in a long spike one above another made like little birds of a reddish purple colour with whitish bellies: after which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juyce while it is green, but quickly perishing with the ripe seed: in the Corn fields in Cornwall this beareth white flowers.

Place. It groweth in the Corn-fields almost every where as well as in Gardens.

Time. It flowreth in May for the most part and the seed ripeneth shortly after.

Virtues and Use. The juyce or Syrup made thereof, or the Decoction made in Whey by it self, with some other purging or opening herbs and roots to cause it to work the better, (it self being but weak) is very effectual for the Liver & Spleen, opening the Obstruction,

Liver Spleen.

ing thereof & clarifying the blood from all filth choller, sickness and all ill humours, which cause Leprosy, scabs, Tetters, and Itches, and such like breeding sores of the skin, and after the purging doth strengthen all the inward parts. It is good also against the yellow Jaundice and Feaver, both by urine, which it procureth in abundance. The powder of the dried herb given for fifteen dayes together cureth melancholly, but the fresh is better for operation for all the former diseases. The distilled water of the herb is also of good effect in the former diseases, and comforteth much against the plague and pestilence, being taken with good Treacle. The herb & the water also, with a little water and Honey of Roses helpeth all the sores of the mouth or throat, being gargled often therewith. The juyce dropped into the eyes cleareth the sight, and taketh away redness and other defects in the same, being first strained from the fleame, and causeth sound sleep. It also stirreth up bodily lust, being taken with Honey. The bruised herb bound to the soles of the feet (after they be pulled away) in the evening, & anointed with the juyce thereof with Gum-Arabick dissolved therein. The juyce of Fumitory and Docks mingled with Vinegar, and the places gently washed or wet therewith, cureth all sorts of scabs, pimples, red-s, wheals, or pushes which arise on the face or hands or any other part of the body.

Cholleric, adust, melancholly, meanes to forget, sadness, black and yellow Jaundice pestilence

sore mouths, throats, eyes

hairs

scabs itch, pimples, wheals.

Saturn owns the herb, and price is it to the world as a cure for his own diseases, and a strengthener of the part of the body he rules. If by my Astrological Judgment of Diseases from the Decumbiture, you finde Saturn Author of the Disease or if by direction from a Nativity you fear a Saturnine disease approaching, you may by this herb prevent it in the one and cure it in the other, and therefore it is fit you keep a syrup of it always by you

The Furs Bush:

This is so well known, as well by this name as in forrain Countries by the name of Gorse, that I shall not need to write any description thereof, my intent being to teach my Countreymen what they know not, rather than to tell them again of that which is generally known before.

Obstructions, Livers, spleen, yellow Jaundice

Place. They are known to grow on dry barren Heaths and other waste gravelly or sandy grounds in all Countries of this Land.

Time. They also flower in the summer moneths.

Vertues and Use. They are hot and dry, good to open Obstructions of the Liver and Spleen. A Decoction made with the flowers thereof hath been found effectual against the Jaundice, as also to provoke urine, and cleanse the kidnies from gravel or stones ingendered in them.

asses, gravel, stone.

It is a plant of Mars, and doth all this by sympathy.

Garlick.

THe offensiveness of the breath of him that hath eaten Garlick will lead you by the nose to the knowledg hereof and (instead of a description) direct you to the place where it groweth in Gardens, which kinds are the best and most physical.

Wine, worms provokes mad dogs venomous beasts, worms, Lethargy Flegm pestilence imposthumes, mineral vapours, henbane hemlocks wolfbane. dropsie cramps, convulsions falling sickness.

Virtues and Use. This was anciently accounted the poor mans Treacle, it being a remedy for all diseases or hurts (except those which it self breeds) it provoketh urine and womens Courses, helpeth the biting of a mad dog, and of other venomous creatures killeth worms in children, cutteth and avoideth tough flegm, purgeth the head, helpeth the Lethargy, is a good preservative against, a remedy for any plague sore, or foul ulcer: taketh away spots and blemishes in the skin, easeth pains of the ears, ripeneth and breaketh imposthumes, or other swellings: and for all these Diseases the Onions are also effectual; but the Garlick hath some more peculiar virtues beside the former, viz. it hath a special quality to discuss the inconveniencies coming by corrupt Agues or mineral vapours, or by drinking corrupt and stinking waters; as also by taking of Wolf bane, Henbane, Hemlock, or other poysonful and dangerous herbs. It is also held good in hydropick diseases, the Jaundice, falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold diseases.

My Authour quotes here many diseases this is good for, but conceals its vices: its heat is very vehement and all vehement hot things send up but ill favourd vapours to the brain; in cholerick men it will add fuel to the fire, in men oppressed by melancholly it will attenuate the humour, and send up strange fancies, and as strange visions to the head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Mars owns the herb.

Germander.

Descri-ption. COmmon Germander shooteth forth sundry stalks with small and somewhat round Leaves dented about the edges: the flowers stand at the tops of a deep purple colour: the Root is composed of divers spriggs, which shoot forth a great way round about, quickly overspreading a ground.

Place. It groweth usually with us in Gardens.

Time. And flowreth in June or July.

Cough, Spleen, dissury, dropsie Terms provokes dead childe.

Virtues and use. This taken with Honey (saith Dioscorides) is a remedy for Coughs, for hardness of the spleen, and difficulty of urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the disease; a Decoction being made thereof when it is green, and drunk: it also bringeth down womens Courses, and expelleth the dead Childe: it is most ef-

fectual

fectual against the poyson of all serpents; being drunk in Wine, and the bruised herb outwardly applied used with Honey, it cleanseth old and foul ulcers, and made into an Oyl, and the eys anointed therewith, taketh away their dimness and moistness: it is likewise good for the pains in the sides, and Cramps. The Decoction thereof taken for some days together, driveth away and cureth both tertian and quartan Agues. It is also good against all diseases of the brain, as continual head-ach, falling sickness, melancholly, drowsiness & dulness of spirits, Convulsions and Palsies. A dram of the seed taken in poudre purgeth by urine, and is good against the yellow Jaundice. The juyce of the Leaves dropped into the ears killeth the worms in them: the tops thereof when they are in flower steeped twentie-four hours in a draught of white wine and drunk killeth worms in the belly.

Poyson, ulcers

cramps agues falling-sickness, head-ach melancholly, dulness, of spirits, convulsion, palsie yellow jaundice worms.

It is a most prevalent herb of Mercury, and strengthens the brain and apprehension exceedingly; you may see what humane virtues are under Mercury in the latter end of my Ephemeris for 1651. strengthen them when weak, relieve them when drooping, by this herb.

Stinking Gladwin.

Description. This is one of the kindes of Flower-de-luces, having divers Leaves rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers: in the middle riseth up a reasonable strong stalk a yeard high at least, beareth three or four flowers at the top made somewhat like the flowers of the Flower-de-luce with three upright Leaves of a dead purplish Ash-colour with some veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the Flower-de-luce doth, but stand loose, or asunder from them: after they are past, there come up three square hard husks opening wide into three parts when they are ripe, wherein lie reddish seed-turning black when it hath abidden long: the Root is like that of the Flower-de-luce but reddish on the outside, and whitish within, very sharp and hot in taste, of as evil a scent as the Leaves.

Place. This groweth as well on the upland grounds as also in moist places, in woods and shadowy places by the Sea side in many places of this Land, and is usually nursed up in Gardens.

Time. It flowreth not untill July, and the seed is ripe in August or September yet the husks after they are ripe opening themselves, will hold their seeds within them for two or three moneths, and not shed them.

Flegm, Choller.

Virtues and use. It is used by many Countrey people to purge corrupt tough flegm and Choller, which they do by drinking the decoction of the Roots, and some to make it work more gently do but infuse the sliced Roots in Ale, and some take the leaves which serveth well for the weaker stomachs. The juyce hereof put up or snuffed up the nose, causeth neesing, and draweth from the head much corruption; and the pouder thereof doth the same: The pouder thereof drunk in Wine helpeth those that are troubled with Cramps and Convulsion, or with the Gout, or Sciatica, and giveth ease to those that have any griping pains in their body or belly, and helpeth those that have the Strangury: It is given with much profit to those that have had long Fluxes by the sharp and evil quality of humours, which it stayeth having first cleansed and purged them by the drying and binding property therein. The Root boiled in Wine, and drunk, doth effectually procure Womens courses, and used as a Pessary worketh the same effects, but causeth abortion in Women with Childe. Half a Dram of the seed beaten to pouder and taken in Wine, doth speedily cause one to piss, which otherwise cannot: the same taken with vinegar, dissolveth the hardness and swellings of the spleen. The Root is very effectual in all wounds, and especially of the head: as also to draw forth any splinters, thorns, broken bones or any other thing sticking in the flesh without causing pain, being used with a little Verdigreese and Honey, and the great Centaury Root: The same boiled in Vineger and laid upon a Tumour, or swelling, doth very effectually dissolve and consume them, yea even the swellings of the throat, called the Kings Evil. The juyce of the leaves and roots healeth the Itch, and all running, or spreading scabs, or sores, and blemishes, or scars in the skin wheresoever they be.

Head, cramp, convulsion, Gout, Sciatica, Belly-ach, Strangury, Fluxes, Terms, provokes. Dissury, Spleen, wounds, splinters, Thorns, broken Bones, Kings Evil, Itch, Scabs, Blemishes in the skin.

Golden Rod,

Description. This riseth up with brownish small round stalks two foot high, and sometimes more, having thereon many narrow and long dark green leaves, very seldom with any dents about the edges or any strakes, or white spots therein, yet they are sometimes so found; divided at the tops into many small branches, with divers small yellow flowers on every one of them, all which are turned one way, and being ripe do turn into Doun, and are carried away with the winde. The Root consisteth of many small fibres, which grow not deep in the ground, but abideth all the winter thereto, shooting forth new branches every year, the old ones dying down to the ground.

Place. It groweth in the open places of woods and Copses, both moist, and dry grounds, in many places of this Land.

Time. It floureth about the moneth of July.

Vir-

Virtues and use. Arnoldus de villa nova commendeth it much against the Stone in the Reins, and Kidneys, and to provoke Urine in abundance; whereby also the Gravel or Stone may be avoided. The Decoction of the Herb green, or dry, or the distilled water thereof is very effectual for inward bruises as also to be outwardly applied. It stayeth bleedings in any part of the body, and of Wounds also, the Fluxes of humours, the bloudy Flux, and Womens Courses; and is no less prevalent in all Ruptures or Burstings, being drunk inwardly, and outwardly applied. It is a sovereign Wound-Herb, inferiour to none both for inward and outward hurts, green Wounds and old Sores, and Ulcers are quickly cured therewith. It is also of especial use in all Lotions for sores, or ulcers in the Mouth, Throat, or privy parts of man, or woman: The decoction also helpeth to fasten the Teeth that are loose in the Gums.

Stone, Gravel, Bruises, wounds, Flux, Bloudy Flux, Terms, Bots, Ruptures Ulcers, Sore Mouth and Throat, Teeth loose, Bleeding lost.

Venus claims the Herb, and therefore to be sure, it restores beauty lost.

Goutwort, or Herb-Gerrard.

Description. THis is a low Herb seldom rising half a yard high, having sundry leaves standing on brownish green stalks by threes snipped about, and of a strong unpleasant savour. The umbles of flowers are white, and the seed blackish, the root runneth in the ground quickly taking up a great deal of room.

Place. It groweth by Hedg and Wall sides and often in the Borders, or corners of fields, and Gardens also.

Time. It bowreth, and seedeth about the end of July.

Virtues and use. Goutwort had not his name for nothing, but upon good experience to help the cold Gout, and Sciatica, as also Joynt aches, and other cold Griefs.

Gout, Sciatica, Joynt aches.

The very bearing of it about one, easeth the pains of the Gout, and defends him that bears it from the disease.

Gromel.

OF this I shall briefly describe three kindes which are principally used in Physick, the Vitues whereof are alike, though somewhat different in their manner and former growing.

Description. The greater Gromel groweth up with slender, hard and hairy stalks, trailing and taking Root in the ground as it lieth thereon, and parted into many other smaller branches with hairy dark green leaves thereon. At the joynts with the leaves come forth very small blue flowers, and after them hard stony roundish seed. The Root is long and woody, abiding the Winter, and shooting forth fresh stalks in the Spring.

The small wilde Gromel sendeth forth divers upright hard branched stalks, two or three foot high, full of joynts, at every of which groweth small, long, hard, and rough leaves, like the former but lesser, among which leaves come forth small white flowers and after them greyish round seed like the former. The Root is not very long, but with many strings thereat.

The Garden Gromel hath divers upright slender woody hairy stalks brown and crested, very little branched with leaves like the former, and white flowers, after which in rough brown Husks is contained a white hard round seed shining like Pearls, and greater than either of the former: The Root it like the first described, with divers branches and strings thereat, which continueth (as the first doth) all Winter.

Place. The two first grow wilde in barren, or untilled places, and by the way sides in many places of this Land. The last is a Nursling in the Gardens of the curious.

Time. They all flower from Midsummer unto September sometimes, and in the mean time the seed ripeneth.

Virtues and Use. These are accounted to be of as singular force as any other Herb or seed whatsoever, to break the Stone, and to avoid it and the Gravel, either in the Reins, or Bladder; as also to provoke Urine being stopped, and to help the Strangury. The seed is of greatest use, being bruised and boiled in white Wine, or in Broth, or the like, or the pouder of the seed taken therein: Two drams of the seed in pouder taken with womens breast-milk, is very effectual to procure a speedy delivery to such Women as have sore pains in their Travail and cannot be delivered. The Herb it self (when the seed is not to be had) either boiled or the juyce thereof drunk, is effectual to all the purposes aforesaid, but not so powerfull, or speedy in operation.

Stone, Gravel, Strangury.

Travail in Women.

The Herb belongs to Dame Venus, and therefore if Mars cause the Chollick, or Stone, as usually he doth if in Virgo. This is your cure.

Winter-Green.

Description. THis sendeth forth 7. 8. or 9. leaves from a small brownish creeping Root, every one standing upon a long Footstalk which are almost as broad as long, round pointed, of a sad green colour and hard in handling, and like the leaf of a Pear-tree, from whence ariseth a slender weak stalk, yet standing upright, bearing at the top many small, white and sweet smelling flowers, laid open like a Star, consisting of five round pointed leaves, with many yellowish threds standing in the middle, about a green head, and a long stile with them, which in time groweth to be the seed vessel, which being ripe is found five square with a small point at it, wherein is contained seed as small as dust.

Place.

Place. It groweth seldom in the fields, but frequently in the woods Northwards, viz. in Yorkshire, Lancashire, and Scotland

Time. It flowreth about June or July.

Virtues and Use. Winter-green is a singular good wound-herb, and an especial remedy for to heal green wounds speedily, the green Leaves being bruised and applied, or the juyce of them: a salve made of the green herbs stamped, or the juyce boyled with Hogs Lard, or with Sallet Oyl and Wax and some Turpentine added unto it, is a sovereign salve, and highly extolled by the Germans, who much use it to heal all manner of wounds and sores The herb boiled in wine and water and given to drink to them that have any inward ulcers in their kidneys or neck of the bladder, doth wonderfully help them: it stayeth also all fluxes whether of bloud or humours, as the Lask, bloudy flux, womens Courses and bleeding of wounds and taketh away any inflammation rising upon pains of the heart. It is no less helpful for foul ulcers hard to be cured, as also for Cankers of Fistulaes The distilled water of the herb doth effectually perform the same things.

wounds, ulcers, kidneys, bladder, flux, bloudy flux, terms, stops inflammations, cankers, fistulaes.

Groundsel.

Description. OUr common Groundsel hath a round, green and somewhat greenish stalk, spread toward the top into branches, set with long and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak leaves, but lesser and round at the ends; at the tops of the branches stand many small green heads, out of which grow small yellow threds or thrums, which are the flowers, and continue many days blown in that manner before it pass away into Down, and with the seed is carried away in the winde The Root is small and threddy, and soon perisheth, and as soon riseth again of its own sowing, so that it may be seen many moneths in the year, both green, and in flower and seed, for it will spring and seed twice in a year at least, if they be suffered in a Garden.

Place. This groweth almost every where, as well on the tops of walls as at the foot among rubbish, and untilled grounds but especially in Gardens.

Time. It flowreth as is said before, almost in every moneth through the year

Virtues and Use. The Decoction of the herb (saith Dioscorides) made with wine and drunk, helpeth the pains in the stomach proceeding of choller (which it may well do by a vomit, as daily experience sheweth) the juyce hereof taken in drink or the Decoction of it in Ale, gently performeth the same: it is good against the Jaundice and falling-sickness being taken in wine, as also against difficulty of making water, it provoketh urine, expelleth gravel in the reins or kidneys; a dram thereof given in Oximel, after some walking or

Choller in the stomach, yellow jaundice, falling-sickness, disury, gravel,

Sciatica, chollick, Liver, terms provokes womens breasts, privy parts, arteries, joynts & sinews over-heated, kernels, wounds in the sinews, inflammation, in the Eye.

stirring the body; it helpeth also be Sciatica, griping of the belly and the Chollick, helpeth the defects of the Liver, and provoketh womens Courses. The fresh herb boiled and made into a Poultis, and applied to the breasts of women that are swollen with pain and heat, as also to the privy parts of man or woman, the seat, or fundament, or the arteries, joynts, and sinews, when they are inflamed and swoln, doth much ease them: and used with some salt helpeth to dissolve the knots or kernels in any part of the body. The juyce of the herb, or (as Dioscorides saith) the Leaves and flowers with some fine frankincense in pouder, used in wounds of the body nerves or sinews, doth singularly help to heal them: the distilled water of the herb performeth well all the aforesaid cures, but especially for inflammations or watering of the eys by reason of the defluxion of rheum into them.

This herb is Venus her Mrs. piece, and is as gallant an universal medicine for all diseases coming of heat whatsoever they be, or in what part of the body soever they lie, as the Sun shines upon, it is very safe and friendly to the body of man, yet causeth vomiting if the stomach be afflicted, if not, it purging and it doth it with more gentleness than can be expected. It is moist and somewhat cold withall, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in Purges and Vomits: Lay by your learned Receipts, Take so much Senna, so much Scammony, and so much Colocinthis, so much Infusion of Crocus Metallorum, &c. This herb alone preserved in a syrup, in a distilled water, in an Ointment shall do the deed for you in all hot diseases, and it shall do it, 1 safely: 2 speedily.

Harts-tongue.

Description. THis hath divers Leaves rising from the Root every one severally which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little sap in them, and straked on the back athwart on both sides of the middle Rib with small and somewhat long brownish marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds folded or interlaced together.

Time. It is green all the winter, but new Leaves spring every year.

Spleen, Liver, flux, bloudy flux, hicough.

Virtues and Use. Harts-tongue is much commended against the hardness and stoppings of the spleen and Liver, and against the heat of the Liver and stomach, and against Lasks and the bloudy flux the distilled water thereof is also very good against the passions of the heart, and to stay the Hiccough, to help the falling

of

of the Pallat, and ſtay the bleeding of the gums being Gums, ſcurvy-grafs.
gargled in the mouth. Dioſcorides ſaith, it is good againſt the ſtinging or biting of Serpents.

Jupiter claims dominion over this herb therefore is a ſingular remedy for the Liver, both to ſtrengthen it when weak, and eaſe it when afflicted, it is no matter how much you ſhould do well to keep it in a Syrup all the year, for though my Authour ſay, it is green all the year, I never believe it.

As for the uſe of it, my directions to latter end will be ſufficient, and enough for thoſe that are ſtudious in Phyſick to whet their brains upon for one year or two

The Hazel-nut.

THeſe are ſo well known to every boy, that they need no deſcription.

Virtues and Uſe. The parched kernels made into an Electuary, or the milk drawn from the kernels with Maid or honeyed water, is very good to help an old cough, and being parched and a little Pepper put to them and drunk digeſteth the diſtillations of rheum from the head: the dryed huſk and ſhell to the weight of two drams taken in red wine, ſtayeth Laſks and womens Courſes, and to dreſs the red ſkin that covers the kernels which is more effectual to ſtay womens Courſes. cough. phyſicks. laſk. ſeems ſtops.

And if this be true as it is, then why ſhould the vulgar ſo familiarly affirm that eating Nuts cauſeth ſhortneſs of breath, than which nothing is falſer for how can that which ſtrengthens the Lungs cauſe ſhortneſs of breath. I cannot ſay the opinion is far older than I am, I knew Tradition was a friend to errours but never that he was the Father of ſlanders, or are mens tongues ſo given to ſlandering one another that they muſt ſlander Nuts too to keep their tongues in ure? If any thing of the Hazel nut be ſtopping it is the huſks and ſhells, and no body is ſo mad to eat them unleſs phyſically, and the red ſkin which covers the kernel which you may eaſily pull off. And thus have I made an Apology for Nuts which cannot ſpeak for themſelves.

Hawkweed.

Deſcription. THis hath many large hairy Leaves lying on the ground much rent or torn on the ſides, into many gaſhes like Dandelion, but with greater parts more like the ſmooth Sow-thiſtle, from among which ariſeth a hollow rough ſtalk two or three foot high branched from the middle upward, whereon are ſet at every joint longer Leaves little or nothing rent or cut, bearing at their top ſundry pale yellow flowers conſiſting of many ſmall narrow Leaves broad pointed and nicked in at the ends, ſet in a double row or more, the

Cools dryes, hindes gnawing in the stomach inflammations, agues, crudity, disury, venomous beasts, poyson, dropsie, flegm, chollick, spleen, watching lust stops venereous dreams, reins, bladder, eys, ulcers, burnings, inflammations, S. Anthonies fire, heat, salt flegm, convulsion cramp, freckles, spots morphew wrinkles.

the outermost being larger than the Inner, which form most of the Hawkweeds, (for there are many kindes of them) do hold, which turn into Down, and with the small brownish seeds, is blown away with the winde; the Root is long and somewhat greater with many small fibres thereat. The whole is full of bitter milk.

Place. It groweth in divers places about field sides, and the path-ways in dry grounds.

Time. It flowreth and flies away in the Summer moneths.

Virtues and Use. Hawkweed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the stomach, and gnawings therein, for inflammations and the hot fits of Agues. The juyce thereof in Wine helpeth digestion, discusseth winde, hindreth crudities abiding in the stomach and helpeth the difficulty of making water, the biting of venomous Serpents, and sting of the Scorpion, if the herb be also outwardly applyed to the place, and is very good against all other poysons. A scruple of the dried juyce given in Wine and vineger is profitable for those that have the Dropsie. The Decoction of the herb taken with Honey, digesteth thin flegm in the Chest or Lungs, and with Hysop helpeth the Cough. The Decoction thereof, and of wilde Succory made with wine and taken helpeth the winde-collick and hardness of the Spleen, it procureth rest and sleep, hindereth venery and venerous dreams, cooleth heats, purgeth the stomach, increaseth blood, and helpeth the diseases of the reins and bladder. Outwardly applied it is singular good for all the defect & diseases of the eys, used with some womens milk, and is used with good success in freting and creeping Ulcers, especially in the begining. The green herb bruised and with a little Salt applied to any place burnt with fire before blisters do arise, helpeth them, as also inflammations, S. Anthonies fire, and all pushes, and eruptions, heat and salt flegm. The same applied with meal and fair water in manner of a Poul is to any place affected with Convulsions and the Cramp, or such as are out of joynt, doth give help and ease, the distilled water cleanseth the skin, and taketh away freckles, spots, the morphew or wrinckles in the face.

The Hawthorn.

IT is not my intent to trouble you with a description of this Tree which is so well known that it needeth none.

It is ordinarily but a hedg bush, although being pruned and dressed, it groweth to be a Tree of a reasonable height.

As for the Hawthorn tree at Glastenbury, which is said to flower yearly on Christmas day, it rather shews the superstition of those who observe it for the time of

of its flowring, than any great wonder, such the like may be found in divers other places of this Land, as in Whey-street in Rumney-Marsh, and near unto Nantwich in Cheshire by a place called White green where if the winter be milde they will be white blossoms all over before and about Christmas, as in May, if the weather be frosty it flowreth not until January, or that the hard weather be over.

Vertues and Use. The berries or the seeds in the berries beaten to pouder and drunk in wine are held singular good against the stone, and are good for the Dropsie. The distilled water of the flowers stayeth the Lask. The seeds cleared from the Doun, bruised and boyled in wine and drunk is good for inward tormenting pains: if cloaths and spunges be wet in the said distilled water and applyed to any place wherein worms, splinters or the like do abide in the flesh, it will notably draw them forth.

Stone, dropsie, flux, inward pains, splinters, thorns.

And thus you see the Thorn gives a medicine for his own pricking, and so doth almost every thing else.

Hemlock.

Deseri-ption. The common great Hemlock groweth up with a green stalk four or five foot high or more, full of red spots sometimes and at the joynts very large winged Leaves set at them which are divided into many other winged leaves, one set against another dented about the edges, of a sad green colour branched towards the top where it is full of umbels of white flowers, and afterwards with whitish flat seed: the Root is long white, and somewhat crooked and hollow within, the whole plant and every part hath a strong heady and ill favoured scent, much offending the senses.

Place. It groweth in all Countries of this Land by walls and hedges sides, in waste grounds and untilled places.

Time. It flowreth and seedeth in July, or thereabouts.

Vertues and Use. Hemlock is exceeding cold and very dangerous especially to be taken inwardly: it may safely be applyed to inflammations, tumours, and swelling in any part of the body (save the privy parts) as also to St. Anthonies fire whelks, pushes and creeping ulcers that rise of hot sharp humours, by cooling and repelling the heat. The Leaves bruised and laid to the brow of forthread, are good for the eys that are red and swollen, as also to take away a Pin and Web growing in the eye, this is a tryed medicine; take a small hand full of the herb and half so much Bay-salt beaten together, and applied to the contrary wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root hereof be roasted under the embers, wrapped in double wet papers, until it be soft

Inflammations, St. Anthonies fire, tetters, Ringworms, Eys, Pin and web.

Gout. and tender, and then applied to the Gout in hands or fingers it will quickly help this evil. If any shall through mistake eat the herb Hemlock instead of Parsley, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kinde of phrensie, or perturbation of the senses, as if they were stupified for drunk, the remedy is (as Pliny saith) to drink of the best and strongest pure wine, before it strike to the heart, or Gentian put into wine, or a draught of good Vineger, wherewith Tragus doth affirm that he cured a woman that had eaten the Root.

Saturn claims dominion over the herb yet I wonder why it may not be applied to the privities in a Priapismus, or continual standing of the Yard: it being very beneficial for that disease; I suppose my Authours judgement was first upon the opposite disposition of Saturn to Venus in those faculties, and therefore he forbid the applying it to those parts that it might not cause barrenness, or spoil the spirit procreative which if it do, yet applied to the privities it stops lustfull thoughts.

Lechery.

Hemp.

THis is so well known to every good Huswife in the Country, that I shall not need to write any description of it.

Time. It is sown in the end of March, or beginning of April, and is ripe in August or September.

Vertues and Use. The seed of Hemp consumeth winde, and by the much use thereof dispereth it so much that it driveth up the natural seed for procreation; yet being boyled in milk and taken, helpeth such as have a hoorish dry Cough. The Dutch make an Emulsion out of the seed, and give it with good success to those that have the Jaundice, especially in the beginning of the disease: if there be no Ague accompanying it, for it openeth Obstructions of the Gall and easeth digestion of Choller. The Emulsion or Decoction of the seed stayeth Lasks and continual Fluxes, easeth the Cholick, and allayeth the troublesom humours in the bowels, and stayeth bleeding at the mouth, nose or other place, some of the leaves being fried with the bloud of that bleeds, and so given them to eat. It is held very good to kill the worms in man or beast: and the juyce dropped into the eats killeth worms in them, and draweth forth Earwigs or other living creatures gotten into them. The decoction of the Root easeth inflammations in the head or any other parts: the herb it self, or the distilled water thereof doth the like: the decoction of the Roots easeth the pains of the Gout, the hard tumours, or knots in the joynts: the pains and shrinking of the sinews, and the pains of the hips: the fresh juyce mixed with a little Oyl and Butter is good for any place that hath been burnt with fire being thereto applied.

winde.

cough.

Jaundice

Gall, choller, flux, chollick, Bleeding,

worms, Earwigs, inflammation Gout, sinews shrunk.

It

It is a plant of Saturn, and good for something else you see than to make halters onely.

Henbane.

Description. OUr common Henbane hath very large, thick, soft woolly leaves lying upon the ground, much cut in or torn on the edges, of a dark ill greyish green colour, among which rise up divers thick and short stalks two or three foot high, spread into divers smaller branches with lesser leaves on them, and many hollow flowers scarce appearing above the husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour somewhat paler towards the edges with many purplish veins therein, and of a dark yellowish purple in the bottom of the flower, with a small pointel of the same colour in the middle, each of them standing in hard close husk which after the flower is past groweth very like the husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy-seed, but of a dusky greyish colour. The Root is great, white, and thick branching forth divers ways under ground, so like a Parsnip root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.

Place. It commonly groweth by the way sides and under hedg sides and walls.

Time. It flowreth in July, and springeth again yearly of its own seed.

I doubt my Authour mistook July for June, if not for May.

Virtues and Use. The Leaves of Henbane do cool all hot inflammations in the eys, or any other part of the body; and are good to asswage all manner of swellings of the Cods or womens breasts, or elsewhere, if they be boyled in Wine, and either applied themselves or the fomentation warm; it also asswageth the pain of the Gout, the Sciatica, and all other pains in the joynts which arise from an hot cause. And applied with Vinegar to the forehead and temples, helpeth the headach and want of sleep in hot Feavers. The juyce of the herb or seed, or the Oyl drawn from the seed doth the like. The Oyl of the seed is helpfull for the deafness, noise, and worms in the ears, being dropped therein; the juyce of the root or herb doth also the same. The Decoction of the herb or seed, or both, killeth Lice in man and beast. The fume of the dried herb, stalks, and seed burned, quickly healeth swellings, chilblains, or kibes in the hands or feet, by holding them in the fume thereof. The remedy to help those that have taken Henbane, is to drink Goats milk, honeyed water, or Pine kernels, with sweet wine: or in the absence of these, Fennel-seed, Nettle-seed, the seed of Cresses,

Inflammations, cods, womens breasts, Gout, sciatica, joints, watching, deafness, noise in the ears, chilblanes, kibes,

Mustard, or Radish; as also Onions, or Garlick taken in Wine, do all help to free them from danger, and restore them to their due temper again.

Take notice that this herb must never be taken inwardly; outwardly, an Oyl, Ointment, or Plaister of it, is most admirable for the Gout, to cool the veneriall heat of the Reins in the French Pox, to stop the Tooth-ach, being applied to the aching side, to allay all inflammations, and to help the diseases before premised.

French Pox.

I wonder in my heart how Astrologers could take on them to make the sun herb of Jupiter, and yet Myrtidus, a man of a penetrating brain, was also of this opinion as well as the rest: the herb is indeed under the dominion of Saturn, and I prove it by this Argument.

All the herbs which delight most to grow in Saturnine places, are Saturnine herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart-loads of it may be found near the places where they empty the common Jakes, and scarce a stinking Ditch to be found without it growing by it.

Ergo, it is an herb of Saturn.

Herb Robert.

Description. This riseth up with a reddish stalk two foot high, having divers leaves thereon upon very long and reddish foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges some deeper than others, and all dented likewise about the edges, which oftentimes turn reddish: at the top of the stalk come forth divers flowers made of five leaves, much larger than the Dove-foot, and of a more reddish colour after which come beak heads as in others: the Root is small and threddy, and smelleth as the whole plant very strong, and almost stinking.

Place. This groweth frequently every where by way-sides, upon ditch-banks, and waste grounds wheresoever one groweth.

Time. It flowreth in June and July chiefly, and the seed is ripe shortly after.

Stone, bleeding, terms, flops, wounds, ulcers in the privities.

Virtues and Use. Herb Robert is commended not only against the Stone, but to stay bloud, where or howsoever flowing, it speedily healeth all green wounds, and is effectual in old Ulcers in the privy parts or elsewhere.

You may perswade your self this is true, and also conceive a good reason for it, if you do but consider it is an herb of Venus, for all it hath gotten a mans name.

Herb

Herb True-love, or One berry.

Description. THe ordinary herb True-love, hath a small creeping Root running under the upper crust of the ground, somewhat like a Coutchgrass Root, but not so white, shooting forth stalks, with Leaves, some whereof carry no berries though others do, every stalk smooth without joynts, and blackish green, rising about half a foot high if it bear berries otherwise seldom so high bearing at the top four Leaves set directly one against another in manner of a Cross or a Riband tied (as it is called) on a True-loves knot: which are each of them apart: somewhat like unto a Nightshade leaf but somewhat broader, having sometimes put three Leaves sometimes five, sometimes six, and these sometimes greater than in others. In the middle of the four Leaves riseth up one small slender stalk about an inch high, bearing at the top thereof one flower spread open like a star consisting of four small and narrow long pointed Leaves of a yellowish green colour, and four other lying between them lesser than they: in the middle whereof standeth a round dark purplish button or head, compassed about with eight small yellow mealy threds, with three colours make it the more conspicuous and lovely to behold: this button or head in the middle, when the other Leaves are withered, becometh a blackish purple berry full of juice of the bigness of a reasonable Grape, having within it many white seeds: the whole plant is without any manifest taste.

Place. It groweth in woods and copses, and sometimes in the corners or borders of fields and waste grounds in very many places of this Land; and abundantly in the woods, copses, and other places about Chislehurst and Maidstone in Kent.

Time. They spring up in the middle of April or May, and are in flower soon after, the berries are ripe in the end of May, and in some places in June.

Virtues and Use. The Leaves or berries hereof are effectual to expell poyson of all sorts, especially that of the Aconites, as also the Plague and other pestilential diseases. Some have been holpen thereby saith Matthiolus that have lien long in a lingring sickness, and others that by witchcraft (as it was thought) were become half so lish by taking a dram of the seeds or berries hereof in pouder every day for twenty days together, they were restored to their former health. The Roots in pouder taken in Wine easeth the pains of the Chollick speedily; the Leaves are very effectual as well for green wounds, as to cleanse and heal up old filthy sores and ulcers, and is very powerfull to discuss all tumours, and swellings in the Cods, privy parts, or Groyn, or in any part of the body, and speedily to allay all inflammations. The Leaves or their juyce applied to fellons or those Nails of the Hands or Toes

Poyson, pestilence, feavers, witchcraft, chollick, wounds, ulcers, swellings in the groin, cods and privities, Inflammations,

Impost-humes.

that have Impost-humes, or Sores gathered together in the Roots of them, healeth them in short space.

The Herb is not to be described for the premisses, but is fit to be nourished in every good Womens Garden.

Venus owns it.

Hyssop.

THis is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a description thereof. The vertues are as followeth.

Cough, shortness of breath, wheesing, Gross humours, worms, yellow Jaundice, Dropsie, Spleen, inflammations, black and blue spots, Quinsie, Tooth-ach, Noise in the ears, venomous beasts, Lice, Itching of the head, Falling-sickness, wounds,

Vertues and Use. Dioscorides saith, that Hyssop boyled with Rue and Honey, and drunk, helpeth those that are troubled with Coughs, shortness of breath, wheesing, and Phlegmatick distillations upon the Lungs: Taken also with Oximel, it purgeth gross humours by the Stool: and with Honey killeth worms in the belly; and with fresh, or new Figs bruised, helpeth to loosen the belly, and more forcibly if the Root of Flower-deluce and Cresses be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow Jaundice, and being taken with Figs and Nitre helpeth the Dropsie and the Spleen. Being boyled with Wine, it is good to wash Inflammations, and taketh away black and blue spots and marks that come by strokes, bruises or falls, being applied with warm water. It is an excellent Medicine for the Quinsie or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vineger, and gargled therewith. The hot vapours of the decoction taken by a Funnel in at the Ears, easeth the Inflammations and singing noise of them: Being bruised and Salt, Honey, and Cummin seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof being anointed killeth Lice and taketh away itching of the head: it helpeth those that have the Falling-sickness which way soever it be applied: It helpeth to expectorate tough flegm and is effectual in all old griefs or diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any cut or green wound being thereunto applied.

The Herb is Jupiters, and the sign Cancer, it strengthens all the parts of the body under Cancer and Jupiter, which what they be may be found amply discoursed of in my Astrological judgment of diseases.

Hops.

THese are so well known that they need no Description; I mean the manured kinde which every good Husband or Huswife is acquainted with.

The wilde Hop groweth up as the other doth, rambling

ing upon Trees, or Hedges that ſtand next unto them, with rough branches and leaves like the former; but it giveth ſmaller heads and in far leſs plenty than it, ſo that there is ſcarce a head or two ſeen in a year, on divers of this wilde kinde; wherein conſiſteth the chief difference.

Place. They delight to grow on low moiſt grounds, and are found in all parts of this Land.

Time. They ſpring not up until April, and flower not until the latter end of June, the heads are not gathered until the middle, or latter end of September.

Virtues and Uſe. This Phyſical operation is to open obſtructions of the Liver and Spleen to cleanſe the bloud, to looſen the belly, to cleanſe the Reins from Gravel, and provoke Urine. The decoction of the tops of Hops, as well of the tame as the wilde worketh the ſame effects. In cleanſing the bloud they help to cure the French diſeaſe, and all manner of ſcabs, Itch and other breakings out in the body, as alſo all Tetters, Ring worms, and ſpreading ſores, the Morphew, and all diſcolourings of the ſkin. The decoction of the Flowers and tops, do help to expell poyſon that any one hath drunk: half a dram of the ſeed in pouder taken in drink, killeth worms in the body, bringeth down Womens Courſes, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, eaſeth the head-ach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues, that riſe of Choller and Bloud. Both the wilde and the manured are of one property, and alike effectual in all the aforeſaid diſeaſes.

Obſtructions, Liver, Spleen, Bloud, Reins, cleanſeth French Pox, ſcabs, Itch, Tetters, Ring-worms, Morphew, Poyſon, worms, Terms provokes, Diſeaſes, yellow Jaundice Liver, Stomach, Agues.

By all theſe Teſtimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reaſon will tell you how it performs theſe actions.

Horehound.

Deſcription. Common Horehound groweth up with ſquare hoary ſtalks, half a yard, or two foot high, ſet at the joynts with two round crumpled rough leaves of a fullen hoary green colour, of a reaſonable good ſcent, but a very bitter taſte. The flowers are ſmall, white and gaping, ſet in rough, hard, prickly Buſks round about the joynts with the leaves from the middle of the ſtalk upwards, wherein afterwards is found ſmall round blackiſh ſeed. The Root is blackiſh, hard and woody, with many ſtrings thereat, and abideth many years.

Place. It is found in many parts of this Land, in dry grounds, and waſte green places.

Difficulty of breath, Cough, Conſumption.

Time. It flowreth in or about July, and the ſeed is ripe in Auguſt.

Virtues and Uſe. A decoction of the dried Herb with the ſeed, or the juyce of the green Herb taken with

Flegm, Terms provokes, After-birth, Vvearinesse, Poyson, Venomous beasts, Vlcers Sides, Eyes, Yellow, Jaundice, Ears, Obstructions of the Liver and Spleen, Liver, Itch, Tetters, Vvorms, Dogs biting, Womens breasts, Thorns, Asthmaes.

Honey is a remedy for those that are purfie or short-winded, or have a Cough or are taken into a Consumption either through long sicknes or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest, being taken with the Roots of Iris, or Orris. It is given to Women to bring down their Courses, to expell the Afterbirth, and to them that have sore and long Travails: as also to those that have taken Poyson, or are stung or bitten by venomous Serpents: The leaves used with Honey, purge foul Ulcers, fray running, or creeping sores and the growing of the flesh over the nails. It also helpeth pales of the sides. The juyce thereof with Wine and Honey helpeth to clear the eye-sights, and snuffed up into the Nostrils purgeth away the yellow Jaundice, and with a little Oyl of Roses dropped into the ears easeth the pains of them. Galen saith, it openeth obstructions both of the Liver and Spleen, purgeth the breast and Lungs of Flegm; and used outwardly it both cleanseth and digesteth. A Decoction of Horehound (saith Mathiolus) is available for those that have had Livers, and for such as have Itches and running Tetters: The Powder hereof taken, or the Decoction killeth Worms. The green leaves bruised and boiled in old Hogs grease unto an Ointment, healeth the biting of Dogs, abateth the swellings of Womens breasts, and taketh away the swelling and pains that come by any pricking of Thorns, or such like means and used with Vinegar it cleanseth and healeth Tetters. There is a Syrup made of Horehound to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm, as also to avoid cold Rheum from the Lungs of old folks, and for those that are Asthmatick, or short-winded.

Horsetail.

Description. OF this there are many kindes but I shall not trouble you nor my self with any large description of them, which to do, were but as the Proverb is, to finde a knot in a Rush: All the kindes hereof being nothing else but knotted rushes, some with leaves and some without: Take a description of the most eminent sort as followeth.

The greater Horsetail at the first springing hath heads somewhat like those of Asparagus, and after grow to be hard, rough, hollow stalks jointed at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush-like hard Leaves, each part resembling a Horsetail (from whence it was so called). At the tops of the stalks come forth small Catkins like to those of trees. The Root creepeth under ground having Joynts at sundry places.

Place. This (as most of the other sorts hereof) groweth in wet grounds.

Time.

Time. They spring up in April, and their blooming Catkins in July, seeding for the most part in August, and then fall down to the ground, rising afresh in the Spring.

Virtues and Use. Horsetail, the smoother rather than the rough, and the leaved rather than the bare, are most physical: It is very powerfull to stanch bleedings wheresoever, either inward or outward, the juyce or Decoction thereof being drunk; or the juyce, decoction, or distilled water applied outwardly: It stayeth also all sorts of Lasks and Fluxes in Man, or Woman, and the pissing of blood, and healeth also not onely the inward Ulcers and excoriations of the Intrails, Bladder, &c. but all other sorts of foul, moist, and running Ulcers, and soon soldereth together the tops of green wounds; It cureth also Ruptures in Children. The Decoction thereof in wine being drunk, provoketh Urine, and helpeth the stone and the strangury; and the distilled water thereof drunk two or three times in a day, a small quantity at a time; as also easeth the Intrails or Guts, and is effectual against a Cough that cometh by distillation from the head. The juyce or distilled water being warmed, and hot Inflammations, Fustules or red wheals, and other breakings out of the skin being bathed therewith doth help them, and doth no less ease the swellings, heat, and Inflammations of the fundament, or privy parts in man or woman.

The Herb is belonging to Saturn, yet is very harmless, and excellent good for the premisses.

Bleeding flux, Terms, Flops, Pissing blood, Inward ulcers, Excoriations of the bladder, ulcers wounds, Ruptures Disury, Stone, strangury Cough, inflammations Pimples, Red face.

Houseleeks, or Sengreen.

THese are so well known unto my Countreymen that I shall not need to write any description of them.

Place. It groweth commonly on walls and house sides, and flowereth in July.

Virtues and Use. Our ordinary Houseleek is good for all inward heats as well as outward, and in the eyes, or other parts of the body: A Poultice made with the juice of Houseleek is singular good in all hot Agues for it cooleth and tempereth the blood and spirits, and quencheth the thirst; and is also good to stay all hot Defluxions of sharp and salt Rheums in the eyes, the juyce being dropped into them, or into the ears helpeth them. It helpeth also other fluxes of humours into the Bowels, and the immoderate Courses of Women. It cooleth and refresheth also all other hot Inflammations, S. Anthonies fire, scaldings and burnings, the shingles, fretting Ulcers Cankers Tetters Ringworms and the like; and much easeth the pain of the Gout proceeding from an hot cause. The juyce also taketh away Warts and Corns in the hands or feet, being often bathed therewith; and the skin of the Leaves being laid on them afterwards. It easeth also the headach, and distempered heat of the brain in Phrensies, or

Heat, Eyes, Agues, Thirst, Sals Rheums, Ears, Terms, Flops, fluxes, inflammations, S. Anthonies fire, burnings, scalding, Tetters, Ringworms,

Corns on the hands and feet, head-ach. Frenzie, watching. Bleeding. Nettles Bees, &c.

through want of sleep, being applied to the Temples and fore-head. The leaves bruised and laid upon the Crown, or Seam of the head stayeth bleeding at the nose very quickly. The distilled water of the Herb is profitable for all the purposes aforesaid: The leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

It is an Herb of Jupiter, and it is reported by Mizaldus to preserve the house it grows upon from fire and lightning.

Hounds-tongue.

Description. The great ordinary Hounds tongue hath many long and somewhat narrow soft, hairy darkish green leaves, lying on the ground somewhat like unto Bugloss leaves, from among which riseth up a rough hairy stalk about two foot high, with some smaller leaves thereon and branched at the top into divers parts, with a small leaf at the foot of every branch, which is somewhat long, with many flowers set along the same, which branch is crooked, or turned inwards before it flowreth and openeth by degrees as the flowers do blow, which consist of five small purplish red leaves of a dead colour, scarcely rising out of the husk wherein they stand, with some threds in the middle: It hath sometimes a white flower. After the flowers are past, there cometh rough flat seed, with a small point in the middle, easily cleaving to any Garment that it toucheth, and not so easily pulled off again: The Root is black, thick, and long hard to break, and full of clammy juyce, smelling somewhat strong, of an evil scent: the leaves also do.

Place. It groweth in most places of this Land, in waste grounds, and untilled places by high way sides, Lanes, and hedg sides.

Time. It flowreth about May and June, and the seed is ripe shortly after.

Virtues and Use. The Root is very effectually used in stills, as well as in Decoctions, or otherwise, to stay all thin and thin Defluxions of Rheum from the head *Eyes, Nose, stomach, Lungs, shortness of breath, and Dry* into the eys, or nose, or upon the stomach, or Lungs, as also for Coughs or shortness of breath. The Leaves boiled in wine (saith Dioscorides) but others dorather apoint it to be made with water, and to add thereto Oyl and Salt mollifieth, or openeth the belly downwards; it also helpeth to cure the biting of a mad Dog. Some of the leaves being also applied to the wound. The leaves bruised, or the juyce of them boiled in Hogs lard, and applied, helpeth the falling away of the hair which cometh of hot and sharp humours; as also for any place that is scalded, or burnt the leaves bruised and laid to any green wound doth heal it up quickly. The Root baked under the Embers wrapped in past or wet papers, or in a wet double cloth *Scaldings, burnings* and thereof a Suppository made and put up into, or

ap-

applied to the Fundament, doth very effectually help the painful Piles, or Hemorrhoids. The distilled water of the Herb and Roots, is very good to all the purposes foresaid, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of wounds and Punctures and those foul Ulcers that arise by the French Pox.

Hemorrhoids, wounds, ulcers, French Pox.

Mezaldus adds to this, that the leaves laid under the feet will keep the Dogs from barking at you. Hounds-tongue, because it ties the Tongue of Hounds, whether it be true or not, I never tried yet, I have cured the biting of a mad Dog with this onely Medicine.

S. Johns-wort.

Description. THe common S. Johns-wort shooteth forth brownish, upright, hard, round stalks, two foot high spreading many branches from the sides up to the tops of them with two small leaves set one against another at every place, which are of a deep green colour, somewhat like the leaves of the lesser Centaury but narrower, and full of small holes in every leaf, which cannot be so well perceived as when they are held up to the light: At the tops of the stalks and branches stand yellow flowers made of five leaves apiece, with many yellow threads in the middle which being bruised do yield a reddish juyce like blood, after which come small round heads wherein is contained small blackish seed smelling like Rozin: The Root is hard and woody with divers strings and fibres at it, and of a brownish colour which abideth in the ground many years shooting anew every Spring.

Place. This groweth in Woods and Copses, as well those that are shady, as open to the Sun.

Time. They flower about Midsummer, and in July, and their seed is ripe in the latter end of July, or in August.

Virtues and Use. St. Johns-wort is as singular a wound herb as any other whatsoever, either for inward wounds, hurts, or bruises, to be boyled in wine and drunk or prepared into Oyl or Ointment, Bath, or Lotion outwardly: It hath power to open obstructions, to dissolve swellings, to close up the lips of wounds and to strengthen the parts that are weak and feeble. The decoction of the herbs and flowers, but of the seed, especially in wine being drunk, or the seed made into pouder and drunk with the juyce of Knotgrass, helpeth all manner of spitting and vomiting of blood, be it by any vein broken inwardly, by bruises, falls or howsoever: The same helpeth those that are bitten, or stung by any venomous Creature: And is good for those that are troubled with the stone in their Kidneys, or that cannot make water; and being applied provoketh womens courses. Two drams of the seed of S. Johns-wort made into pouder and drunk in a little Broth, doth gently expell Choller, or congealed blood

wounds, bruises, obstructions, swellings,

spitting and vomiting blood, venomous Beasts, Dysury, choller,

in

in the stomach; The decoction of the leaves and seeds being drunk somewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth alter the fits, and by often using doth take them quite away: The seed is much commended being drunk for forty days together, to help the Sciatica, the Falling sickness and the Palsey.

Agues, Sciatica, Falling-sickness, Palsey,

It is under the Celestial sign Leo, and under the Dominion of the Sun, it may be if you meet with a Papist that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attourney, especially if withall he be a Lawyer also.

Ivy.

Description. This is so well known to every Childe also to grow in woods upon the Trees and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time. It flowreth not until July, and the Berries are not ripe till Christide, that they have felt the winter frosts.

Virtues and Use. A pugil of the flowers, which may be about a dram (saith Dioscorides) drunk twice a day in red wine, helpeth the Lask and bloudy Flux. It is an enemy to the Nerves and Sinews being much taken inwardly, but very helpfull unto them being outwardly applied. Pliny saith, that the yellow Berries are good against the Jaundice, and taken before one be set to drink hard, preserveth from drunkenness, & helpeth those that spit blood: and that the white berries being taken inwardly, or applied outwardly killeth the worms in the belly. The Berries are a singular remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries thereof made in pouder, for two or three days together: They being taken in wine do certainly help to break the stone, provoke Urine and Womens Courses. The fresh leaves of Ivy boyled in Vineger, and applied warm to the sides of those that are troubled with the spleen, Ach, or stitch in the sides, doth give them much ease: The same applied with some Rosewater and Oyl of Roses to the Temples and forehead, easeth the Head ach though it be of long continuance. The fresh leaves boyled in wine, and old filthy Ulcers that are hard to be cured washed therewith, doth wonderfully help to cleanse and heal them, it also quickly healeth green wounds as also it is effectual to heal all burnings and scaldings and all kinde of Ulcerations coming thereby, or by salt Flegm, or hot humours in other parts of the body. The juyce of the Berries, or leaves snuffed up into the nose purgeth the head and brain of thin Rheum that maketh Defluxions into the eys and nose, and cureth the Ulcers and stench therein; The same dropped into the ears helpeth the old and running sores of them.

Flux, Bloudy Flux, Jaundice, Spitting Bland, Worms, Drunkenness, Pestilence, Stone, Divine Terms provokes, Spleen, Stitch, Head ach Ulcers,

Wounds, Burnings, Scalings Salt Rheum, sore ears.

Took

Those that are troubled with the Spleen shall finde much ease by continual drinking out of a cup made of Ivy, so as the drink may stand some small time therein before it be drunk. Cato saith, that wine put into such a cup will soak through it, by reason of the Antipathy that is between them.

There seems to be a very Antipathy between Wine and Ivy, for if any have got a surfet by drinking Wine, his speediest cure is to drink a draught of the same Wine wherein a handfull of Ivy Leaves, being first bruised have been boyled.

Kidneywort, or Wall-Penyroyal.

Descri-ption. THis hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk fastned underneath about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green colour, and somewhat hollow on the upper side like a Sawcer; from among which rise one, or more tender smooth hollow stalks, half a foot high with two or three small Leaves thereon, usually not round as those below, but somewhat long, and divided at the edges: the tops are sometimes divided into long branches, bearing a number of flowers, set round about a long spike one above another, which are hollow and like a little bell, of a whitish green colour, after which come small heads containing very small brownish seed, which falling on the ground, will plentifully spring up before Winter, if it have moisture. The Root is round and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the stalk.

Place. It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon stone and mud walls, upon Rocks also, and in stony places upon the ground, at the bottom of old Trees, and sometimes on the bodies of some that are decayed and rotten.

Time. It usually flowereth in the beginning of May, and the seed is ripening quickly after sheddeth it self: so that about the end of May usually, the Leaves and stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all winter.

Virtues and Use. The juyce, or the distilled water being drunk is very effectual for all Inflammations and unnatural heats, to cool a fainting hot stomach, or a hot Liver, or the bowels: the bruised Herb, or the place bathed with the juyce, or distilled water thereof and outwardly applied healeth Pimples Rednes, S. Anthonies fire, and other outward heats and Inflammations. The said juyce, or water helpeth much also to heal sore Kidneys, torn, or fretted by the Stone, or exulcerated within, and easeth the pains, it also provoketh

Inflammations Pimples, Redness, S. Anthonies fire. Kidneys hurt by the stone.

Dysury, dropsies, stone, bloody flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, Kings Evil, kibes, chilblains.

voketh urine, and is available for the Dropsie, and helpeth to break the stone, cooling the inflamed parts, and other pains of the bowels, and the bloudy flux; it is singular good to cool the painfull Piles, or hemorrhoidal veins, the juyce being used as a Bath unto them, or made into an Ointment: it is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the inflammations and swellings in the Cods, it helpeth the kernels or knots in the neck or throat, called the Kings Evil; healeth Kibes and Chilblains if they be bathed with the juyce, or anointed with an Ointment made thereof, and some of the skin of the leaf laid upon them: it is also used in green wounds to stay the bloud, and to heal them quickly.

Venus challengeth the Herb, under Libra.

Knapweed.

Descri-ption. THe common sort hereof hath many long and somewhat broad dark green Leaves rising from the Root deeply dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withall, among which riseth up a strong round stalk four or five foot high, divided into many branches; at the tops whereof stand great scaly green heads, and from the middle of them thrust forth a number of dark purplish red thrums or threds, which after they are withered and past, there is found divers black seeds, lying in a great deal of Doun, somewhat like unto a Thistle-seed, but smaller; the Root is white, hard, and woody, with divers fibres annexed thereunto, which perisheth not but abideth with Leaves thereon all the Winter, shooting out fresh every Spring.

Place. It groweth in most fields and meadows, and about their borders and hedges, and in many waste grounds also, almost every where.

Time. It usually flowreth in June and July, and the seed is ripe shortly after.

Flowers, bleeding veins, broken, phisick, falls blows, rupture, sores, cankers, fistulaes, scabs, heads, sore throats, Uvula, Jaws.

Virtues and Use. This Knapweed helpeth to stay fluxes, both of bloud at the mouth or nose, or other outward parts, and those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stayeth the distillations of thin and sharp humours from the head upon the stomach and Lungs: it is good for those that are bruised by any fall, blows, or otherwise. It is very profitable for those that are burnen and have a rupture, by drinking the decoction of the herb and roots in wine, and applying the same outwardly to the place. It is singular good in all running sores, cankrous and fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the Uvula and Jaws; and excellent

good

good to stay the bleeding and heal up all green wounds.

Saturn challengeth the Herb for his own.

Knot-grass.

Description. THis is generally so well known that it needeth no description.

Place. It groweth in every County of this Land, by the high-way-sides, and by foot-paths in the fields, as also by the sides of old walls.

Time. It springeth up late in the Spring, and abideth untill Winter, when all the branches perish.

Virtues and Use. The juyce of the common kinde of Knot-grass, is most effectual to stay bleeding at the mouth, being drunk in steeled, or red Wine: and the bleeding at the nose, to be applied to the forehead and Temples, or to be squirted up into the nostrils. And no less effectual to cool and temper that heat of the bloud, and stomach, and to stay any flux of the bloud or humours, as Lask, bloudy flux, womens Courses, and running of the Reins. It is singular good to provoke Urine, help the Strangury, and allay the heat that cometh thereby; and it is powerfull by Urine to expell the Gravel or stone in the Kidneys, or Bladder, a dram of the pouder of the Herb being taken in Wine for many days together: being boyled in Wine and drunk, it is profitable to those that are stung, or bitten by venomous Creatures, and very effectual to stay all Defluxions of rheumatick humours upon the stomach, and killeth Worms in the belly or stomach, quieteth inward pains that arise from the heat, sharpness and corruption of bloud and Choller: the distilled water hereof taken by it self, or with the pouder of the Herb or seed, is very effectual to all the purposes aforesaid, and is accounted as one of the most sovereign remedies to cool all manner of Inflammations, breakings out through heat, but Swellings and Imposthumations, Gangreens, and fistulous Cankers or foul filthy Ulcers, being applied, or put into; but especially for all sorts of Ulcers and sores happning in the privy parts of men or women. It helpeth all fresh and green Wounds, and speedily helpeth them: the juyce dropped into the ears, cleanseth them being foul, and having running matter in them.

Bleeding, heat, flux, bloudy flux, Courses stops, Disury, Gravel, venomous beasts, rheum, worms, heat.

Choller, Inflammation, Apostham, Gangreens, Fistulates, Cankers, Ulcers, wounds, ears.

Saturn seems to me to own the Herb, and yet some hold the Sun, out of doubt it is Saturn, it is very prevalent for the premises; as also for broken joynts and ruptures.

Ladies Mantle.

Description. THis hath many Leaves rising from the Root standing upon long hairy foot-stalks, being almost round, but a little cut in on the edges, into eight,

or ten parts more or less, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded, or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground divided at the top into two or three small branches, with small yellowish green heads, and flowers of a whitish colour, breaking out of them; which being past, there cometh small yellow seed like Poppy-seed: the Root is somewhat long and black with many strings or fibres thereat.

Place. It groweth naturally in many pastures, and wood-sides, in Hertfordshire, Wiltshire, and Kent, and other places of this Land.

Time. It flowereth in May and June, and abideth after seed-time green all the Winter.

Inflammations, bleeding, vomiting, fluxes, bruises, ruptures, flagging breasts, women with child.

Virtues and Use. Ladies Mantle is very proper for those wounds that have Inflammations, and is very effectual to stay bleedings, vomitings, fluxes of all sorts in man or woman, and bruises by a fall or otherwise, and helpeth ruptures, and such women or maids as have over-great flagging breasts, causing them to grow less and hard, being both drunk, and outwardly applied: the distilled water drunk for twenty days together helpeth Conception, and to retain the birth, if the woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular wound Herbs that is, and therefore highly prized and praised by the Germans, who use in all wounds inward and outward, to drink the Decoction thereof, and wash the wounds therewith, or dip Tents therein and put them into the wounds, which wonderfully drieth up all humidity of the sores, and abateth Inflammations therein. It quickly healeth all green wounds, not suffering any corruption to remain behinde, and cureth old sores though fistulous and hollow.

Venus claims the Herb as her own.

Lavender.

THis is so well known, being an inhabitant almost in every Garden, that it needeth no description.

Time. It flowereth about the end of June and beginning of July.

Head, brains, apoplexy, falling-sickness, lethargy, cramps, convulsion, Palsy, dead and shaking.

Virtues and Use. Lavender is of special good use for all the griefs and pains of the head and brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drowsie or sluggish malady, Cramps, Convulsions, Palsies, and often faintings. It strengthneth the stomach, and freeth the Liver and Spleen from Obstructions, provoketh womens Courses and expelleth the

the dead childe and after-birth. The flowers of Lavender steeped in Wine helpeth them to make water that are stopped, or are troubled with the Winde or Cholick, if the places be bathed therewith. A Decoction made with the flowers of Lavender, Horehound, Fennel, and Asparagus roots, and a little Cinnamon is very profitably used to help the falling-sickness, and the giddiness and turning of the brain. To gargle the mouth with the Decoction thereof is good against the tooth-ach. Two spoonfuls of the distilled water of the flowers taken, helpeth them that have lost their voice; as also the tremblings and passions of the heart, and faintings, and swoonings, not only being drunk, but applied to the Temples, or Nostrils to be smelt unto: but it is not safe to use it where the body repleat with blood and humours, because of the hot and subtil spirit, wherewith it is possessed. The Chimical Oyl drawn from Lavender, usually called Oyl of Spike, is of so fierce and piercing spirits that it is cautiously to be used: some few drops being sufficient to be given with other things either for inward or outward grieses.

Stomach, Liver, Spleen, Terms provoker, Cholick, Vertigo, Loss of voice, trembling, faintings.

Mercury owns the herb, and it carries its effects very potently.

Lavender Cotton hath the same virtues with Southernwood, which shall be shewed you when I come to speak of it.

Lettice.

THis is so well known being generally used as a Salat herb, that it is altogether needless to write any description thereof.

Virtues and Use. The juyce of Lettice mixed or boiled with Oyl of Roses, and applied to the forehead and Temples procureth sleep, and easeth the head-ach, proceeding of an hot cause, being eaten boiled, it helpeth to loosen the belly. It helpeth digestion, quencheth thirst, increaseth milk in Nurses, easeth griping pains of the stomach or bowels, that come of Choller. It abateth bodily lust, represseth venereous dreams, being outwardly applied to the Cods with a little Camphire: applied in the same manner to the Region of the Heart, Liver, or Reins, or by bathing the said place with the juyce or distilled water, wherein some white Sanders and red Roses are put also, it not onely represseth the heat and inflammation therein, but comforts and strengthens those parts, and also tempereth the heat of urine. Galen adviseth old men to use it with Spices, and where Spices are wanting to add Mints, Rockets, and such like hot herbs, or else Citron, Limmon, or Orange-seeds, to abate the cold of one, and heat of the other. The seed and distilled water of the Lettice work the like effects in all things: but the use of Lettice is chiefly forbidden to those that are

Watchings, head-ach, indigestion, thirst, milk increaseth, choller, bowels, Lust, venereous dreams, Inflammation, heat of urine.

short-winded, or have any imperfection in their Lungs, or spit bloud.

The Moon owns them, and that is the reason they cool and moisten what heat and driness Mars causeth, because Mars hath his fall in Cancer, and they cool the heart, because the Sun rules it, between whom and the Moon is a Reception in the Generation of Man, as you may see in my Guide for Women.

The Water-Lilly.

Description. OF these there are two principally noted kindes, viz. The white and the yellow.

The white Lilly hath very large, round and thick dark green Leaves lying on the water, sustained by long and thick footstalks, that rise from a great thick, round and long tuberous black Root, spungy or loose, with many knobs thereon like eys, and whitish within, from amidst the which rise other the like thick and great stalks, sustaining one large white flower thereon, green on the outside, but as white as Snow within, consisting of divers rows of long, and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, incompassing a head within with many yellow threds, or thrums in the middle, where after they are past, stand round Poppy-like heads, full of broad, Oyly and bitter seed.

The yellow kinde is little different from the former, save onely it hath fewer Leaves on the flowers, greater and more shining seed, and a whitish Root, both within and without: the Roots of both being somewhat sweet in taste.

Place. They are found growing in great pools and standing waters, and sometimes in slow running Rivers and lesser Ditches of water, in sundry places of the Land.

Time. They flower most commonly about the end of May, and their seed is ripe in August.

Inflammations, agues, *watching Frenzie,* *flux, belly,* *running of the Reins, vapery,*

Virtues and Use. The Leaves and flowers of the Water-Lillies are cold and moist, but the Root and seed is cold and dry: the Leaves do cool all inflammations, and both outward and inward heats of Agues, and so doth the flowers also, either by the Syrup or Conserve; the Syrup helpeth much to procure rest, and to settle the brains of frantick Persons, by cooling the hot distemperature of the head. The seed as well as the root is effectual to stay fluxes of bloud or humours, either of wounds or of the belly; but the Roots are most used, some chusing the one, and some the other to be more effectual to cool, binde, and restrain all fluxes in man or woman, as also the running of the Reins, and the passage away of the seed when one is asleep: but the frequent use hereof extinguisheth venereous actions: the Root is likewise very good for those whose urine is hot and sharp to be boiled in

Wine

Wine or Water, and the Decoction drunk. The diſtilled water of the flowers is very effectual for all the diſeaſes aforeſaid, both inwardly taken, and outwardly applied, and is much commended to take away freckles, ſpots, ſun-burn, and morphew from the face, or other parts of the body. The Oyl made of the flowers, as Oyl of Roſes is made, is profitably uſed to cool hot tumours, and the inflammations of ulcers and wounds, and to eaſe the pains, and help the ſores. *Freckles, ſpots, ſun-burn, morphew.*

The herb is under the dominion of the Moon, and therefore cools and moiſtens like the former.

Liquoris.

Deſcription. Our Engliſh Liquoris riſeth up with divers woody ſtalks, whereon are ſet at ſeveral diſtances, many narrow long green Leaves, ſet together on both ſides of the ſtalk, and an odd one at the end, very well reſembling a young Aſh-tree ſprung up from the ſeed: this by many years continuance in a place without removing, and not elſe, will bring forth flowers, many ſtanding together ſpike-fashion one above another upon the ſtalks, of the form of Peaſe-bloſſoms, but of a very pale blue colour, which turn into long, ſomewhat flat and ſmooth Pods, wherein is contained ſmall, round, hard ſeed: the Root runneth down exceeding deep into the ground, with divers other ſmaller roots and fibres growing with them, and ſhoot out ſuckers from the main Roots all about, whereby it is much increaſed, or a brownish colour on the outſide, and yellow within.

Place. It is planted in fields and Gardens in divers places of this Land, and there of good profit is made.

Virtues and Uſe. Liquoris boiled in fair water with ſome Maidenhair and figs, maketh a good drink for thoſe that have a dry Cough, or hoarſneſs, wheezing, ſhortneſs of breath; and for all the griefs of the breaſt and lungs, Phthiſick, or Conſumptions cauſed by the diſtillation of ſalt humours on them. It is alſo good in all pains of the Reins, the ſtrangury, and heat of urine: the fine pouder of Liquoris blown through a Quil into the eys that have a Pin and Web (as they call it) or rheumatick diſtillations into them, doth cleanſe and help them: the juyce of Liquoris is as effectual in all the diſeaſes of the breaſt and lungs, the Reins and Bladder, as the Decoction. The juyce diſſolved in Roſe-water with ſome Gum-Tragacanth, is a fine licking medicine for hoarſneſs, wheezings, &c. *Cough, hoarſneſs, phthiſicks conſumption, reins, ſtrangury, heat of urine, Eyes, bladder.*

Liverwort.

Deſcription. The common Liver-wort groweth cloſe, and ſpreadeth much upon the ground in moiſt and ſhadowy places, with many ſad green Leaves, or rather

(as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender stalks an inch or two high at most, bearing small star-like flowers at the tops: the Roots are very fine and small.

Liver, inflammation, yellow jaundice, spleen, running of the Reins, wounds, setters, ring-worms, Surfeits.

Virtues and Use. It is a singular good herb for all the diseases of the Liver, both to cool and cleanse it, and helpeth the inflammations in any part: and the yellow Jaundice likewise: being bruised and boiled in small Beer and drunk, cooleth the heat of the Liver and Kidneys, and helpeth the running of the Reins in man, and the whites in woman: it is a singular remedy to stay the spreading of Setters, Ring-worms, and other fretting and running sores and scabs, and is an excellent remedy for such whose Livers are corrupted by surfeits, which causeth their bodies to break out, for it cooles the Liver exceedingly, and makes it impregnable.

It being under the command of Jupiter, and under the sign Cancer.

Loose-strife, or Willow-herb.

Description. The common yellow Loosestrife groweth to be four or five foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops, into great and long branches, on all which at the joynt there grow long and narrow Leaves, but broader below, and usually two at a joynt, yet sometimes three or four somewhat like Willow Leaves, smooth on the edges, and of a faint green colour from the upper joynts of the branches, and at the tops of them also stand many yellow flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered seed: the Root creepeth under ground, almost like Couchgrass, but greater, and shooteth up every Spring, brownish heads, which afterwards grow up into stalks: it hath no scent nor taste but onely astringent.

Place. It groweth in many places of this Land in moist meadows, and by water-sides.

Time. It flowreth from June to August.

Bleeding flux, bloudy flux, bruises, Ropes wounds, sore mouth, privities, Gnats.

Virtues and Use. This herb is good to stay all manner of bleeding at mouth or nose, or wounds, and all fluxes of the belly, and the bloody flux, given either to drink, or taken by Clister: it stayeth also the abundance of womens Courses: it is a singular good wound-herb for green wounds, to stay the bleeding, and quickly to close together the lips of the wound, if the herb be bruised and the Juyce onely applied: it is often used in Gargles for sore mouths, as also to the secret parts: the smoke hereof being burned driveth away Flies and Gnats which use in the night-time to molest people inhabiting near marshes, and in the Fenny Countries.

Loose-

Loose-strife, with Spiked heads of Flowers.

Descri-ption. THis groweth with many woody square stalks, full of joynts about three foot high at least, at every one whereof stand two long Leaves, shorter, narrower, and of a deeper green colour than the former; and some brownish. The stalks are branched into many long stemmes of spiked flowers, half a foot long, growing in Rundles one above another, out of small Husks very like the Spiked heads of Lavender, each of which flowers have five round pointed Leaves of a purple Violet colour, or somewhat inclining to redness, in which Husks stand small round heads, after the flowers are fallen, wherein is contained small seed: the Root creepeth under ground like unto the yellow, but is greater than it; and so is the heads of the Leaves when they first appear out of the ground and more brown than the other.

Place. It groweth usually by Rivers, and Ditches sides in wet grounds, as about the Ditches at and near Lambeth: and in many other places of this Land.

Time. It flowereth in the Moneths of June and July.

Virtues and Use. This Herb is no whit inferiour unto the former; it having not onely all the virtues which the former hath, but some particular virtues of its own found out by experience, as namely.

The distilled water is a present remedy for hurts and blows on the eys, and for blindness, so as the Christalline humour be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of judgement, who kept it long to himself as a great secret. It also cleareth the eys of dust, or any other thing gotten into them, and preserveth the sight: it is also very much available against Wounds and Thrusts, being made into an Oyntment on this manner; to every ounce of the water, and two drams of May-butter without Salt, and of Sugar, and Wax of each as much also, let them boyl gently altogether: let Tents be dipped in the liquor that remaineth after it is cold, and put into the wounds, and the place covered with a Linnen cloath, doubled and anointed with the Oyntment, and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whersoever, and stayeth their Inflammations by washing them with the water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This water gargled warm in the mouth, and sometimes drunk also doth cure the Quinsie, or Kings Evil in the Throat. The said water applied warm taketh away all Spots, Marks, and Scars in the skin: And a little of it drunk quencheth thirst when it is extraordinary.

Eys. Blindness.

wounds

Ulcers. Inflammations quinsie. Kings Evil.

Spots. Marks. Scars.

The Herb is an Herb of the Moon, and under the

sign Cancer, neither do I know a better preserver of the sight when it is well, nor a better Curer of sore eyes than Eye-bright taken inward, and this used outwardly, it is cold in quality.

Lovage.

Descri-ption. THis hath many long and great stalks, of large winged Leaves divided into many parts like Smallage, but much larger and greater, every Leaf being cut about the edges broadest towards, and smallest at the stalk, of a sad green colour, smooth and shining, from among which rise up sundry strong hollow green stalks, five or six foot, yea, sometimes seven or eight foot high, full of joynts, but lesser Leaves set at them than grow below, and with them toward the tops come forth long branches, bearing at their tops large umbels, of yellow flowers, and after them flat brownish seed: the Root groweth thick, great and deep spreading much and enduring long, of a brownish colour on the outside, and whitish within: the whole Plant, and every part of it smelleth strong, and Aromatically, and is of an hot sharp biting taste.

Place. It is usually planted in Gardens, where if it be suffered it groweth huge and great.

Time. It flowereth in the end of July, and seeds in August.

Virtues and Use. It openeth, cutteth and digesteth humours, and mightily provoketh womens Courses and Urine, Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm a cold stomach, helping digestion, and consuming all raw and superfluous moisture the cause of all inward gripings and pains, dissolveth winde, and resisteth Poyson and infection: it is a known and much practised remedy to drink the Decoction of the Herb for any sort of Ague, and to help the pains and torments of the body and bowels coming of cold. The seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully. The distilled water of the Herb helpeth the Quinsie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Plurisie, being drunk three or four times. Being dropped into the eys it taketh away the redness, or dimness of them, it likewise taketh away Spots, or Freckles in the face. The Leaves bruised and fried with a little Hogs Lard, and laid hot to any Botch, or Boyl, will quickly break it.

Inwards. Torm provokes, dist. Cold stomach. Indigestion. Winde. Poyson. Epimedical diseases. Ague. Belly-ach. Quinsie. Spots. Freckles. Boils.

It is an Herb of the Sun under the sign Taurus, if Saturn offend the Throat (as he always doth if he be occasioner of the Malady, and in Taurus in the Genesis) this is your cure.

Lung-

Lungwort.

Description. THis is a kinde of Moss, that groweth on sundry sorts of Trees, especially Oaks, & Beeches, with broad grayish rough Leaves, diverily folded, crumpled, and gashed in on the edges, and sometimes spotted also, with many small spots on the upper side: it was never seen to bear any stalk, or flower at any time.

Virtues and use. This is of great use with many Physicians to help the diseases of the Lungs, and for Coughs, Wheesings, and shortness of breath, which it cureth both in man and beast: it is very profitably put into Lotions that are taken to stay the moist humours that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the privy parts of Man, or Woman.

Lungs, coughs, wheesings, shortness of breath, Ulcers in the privities and elsewhere.

It is an excellent remedy boyled in Beer, for broken-winded horses.

Jupiter seems to own the Herb.

Madder.

Description. THe Garden Madder shooteth forth many very long, weak, four-square, reddish stalks trailing on the ground a great way, very rough, or hairy, and full of joynts; at every of those joynts come forth divers long, and somewhat narrow Leaves, standing like a Star about the stalks, rough also and hairy, toward the tops whereof come forth many small pale yellow flowers: after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very clear while it is fresh, spreading divers ways.

Place. It is onely manured in Gardens, or larger fields for the profit that is made thereof.

Time. It floureth towards the end of Summer, and the seed is ripe quickly after.

Virtues and use. It hath an opening quality, and afterwards to binde and strengthen. It is an assured remedy for the yellow Jaundice, by opening the Obstructions to the Liver and Gall, and cleansing those parts: it openeth also the Obstructions of the Spleen, and diminisheth the Melancholick humour. It is available for the Palsey and Sciatica, and effectual for bruises inward or outward, and is therefore much used in Vulnerary drinks. The Root for all those aforesaid purposes is to be boyled in Wine, or water, as the cause requireth, and some Honey, or Sugar put thereunto afterwards. The seed hereof taken with Vineger and Honey, helpeth the swellings and hardness of the Spleen. The Decoction of the Leaves and branches is a good fomentation for Women to sit over, that have not

Yellow Jaundice Obstructions of the Liver and Gall, Spleen Melancholy, Palsey, Sciatica, Bruises inward and outward,

Terms provokes, Freckles, Morphew Scurf.

not their Courses. The Leaves and Roots beaten and applied to any part that is discoloured with Freckles, Morphew, the white Scurf, or any such deformity of the skin, cleanseth them throughly, and taketh them away.

Maidenhair.

Descri-ption. OUr common Maidenhair doth from a number of hard black Fibres send forth a great many blackish shining brittle stalks, hardly a span long; in many not half so long, on each side set very thick with small, round, dark, green Leaves, and spotted on the back of them like other Ferns.

Places. It groweth much upon old stone walls in the West parts, and Wales, in Kent, and divers other places of this Land; it joyeth likewise to grow by Springs, Wells, and Rocky moist and shadowy places; and is always green.

Wall-Rue; or ordinary white Maidenhair.

Descri-ption. THis hath very fine pale green stalks, almost as fine as hairs, set confusedly with divers pale green Leaves on very short foot-stalks, somewhat near unto the colour of Garden Rue, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place. It groweth in many places of this Land, as at Dartford, and the Bridge at Ashford in Kent, at Beconsfield in Buckinghamshire, at Wolley in Huntingtonshire, on Framingham Castle in Suffolk, on the Church walls at Mayfield in Sussex, in Summerset-shire and divers other places of this Land, and is green in Winter as well as in Summer.

Virtues and Use. The virtues of both these are so near alike; that although I have described them, and their places of growing, severally; yet I shall in writing the virtues of them joyn them both together: as followeth.

Cough, Shortness of breath, yellow jaundice, Spleen, difficulty, stone, terms provokes,

The Decoction of the Herb Maidenhair being drunk, helpeth those that are troubled with the Cough, shortness of breath, the yellow Jaundice, diseases of the spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys: (in all which diseases the Wall Rue is also very effectual.) It provoketh womens Courses, and stayeth both bleedings and Fluxes of the stomach and belly, especially when the Herb is dry, for being green, it looseneth the belly, and avoideth Choller and flegm from the stomach and Liver, it cleanseth the Lungs, and by rectifying the blood cau-seth

feth a good colour to the whole body: The Herb boyled in Oyl of Chamomel, dissolveth knots, allayeth swellings and driveth up moist Ulcers The Ly made thereof is singular good to cleanse the head from scurf, and from dry and running sores; staveth the falling, or shedding of the hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boyl it in wine putting some smallage seed thereto, and afterwards some Oyl. The wall Rue is as effectual as Maidenhair in all diseases of the head, and falling, or the recovering of hair again; and generally for all the aforementioned diseases: and besides the powder of it taken in drink for forty days together, helpeth the burstings in Children.

Bleeding, Fluxes, Lungs, ulcers, scurf, sores, baldness.

Golden Maidenhair.

Descri-ption. TO the two former give me leave to add this, and I shall do no more but onely describe it unto you, and for the Virtues refer you unto the former, sith whatsoever is said of them, may be also said of this.

It hath many small brownish red hairs to make up the form of leaves growing about the ground from the Root, and in the middle of them in Summer, rise small stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small gold yellow head, lesser than a wheat Corn standing in a great Husk. The Root is very small and threddy.

Place. It groweth on Bogs and Moorish places and also on dry shadow places at Hampstead-heath and elsewhere.

Mallows, and Marsh-Mallows.

THe common Mallows are generally so well known, that they need no Description

Our common Marsh-Mallows have divers soft hoary white stalks rising to be three or four foot high, spreading forth many branches: the leaves whereof are soft and hairy, somewhat lesser than the other Mallow leaves, but longer pointed, cut (for the most part) into some few divisions, but deep: The flowers are many, but smaller also than the other Mallows, and white or tending to a bluish colour. After which come such like round cases and seed as in the other Mallows. The Roots are many & long, shooting from one head of the bigness of a thumb or finger, very pliant, tough, and bending like Liquorish of a whitish yellow colour on the outside and more white within: full of a slimy juice which being laid in water will thicken it, as if it were gelly.

Place. The common Mallows grow in every Country of this Land.

The common Marsh-Mallows in most of the salt Marshes from Woolwich down to the Sea both on the Kentish and Essex shoares and in divers other places of this Land.

Time. They flower all the Summer Moneths, even untill the Winter do pull them down.

Vertues and Use. The leaves of either of the sorts above named, and the Roots also boyled in wine, or water, or in broth, with Parsley or Fennel Roots, doth help to open the body, and is very convenient in hot Agues, or other distempers of the body to apply the leaves so boyled warm to the belly; it not only voideth hot Cholleriek and hot offensive humours but easeth the pains and torments of the belly coming thereby; and are therefore used in all Clysters conducing to those purposes: The same used by Nurses procureth them store of milk.

Agues.

Choller, Gripings in the Belly, Milk.

The Decoction of the seed of any of the common Mallows made in milk or wine, doth marvellously help excoriations, the Phthisick, Pleurisie, and other diseases of the Chest and Lungs that proceed of hot causes, if it be continued taking for some time together. The Leaves & Roots work the same effects: They help much also in the excoriations of the Guts and Bowels and hardness of the Mother, and in all hot and sharp diseases thereof. The juyce drunk in wine, or the Decoction of them therein doth help Women to a speedy and easie delivery. Pliny saith, That whosoever shall take a spoonful of any of the Mallows, shall that day be free from all diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also, and Conserve made of the flowers are very effectual for the same diseases, and to open the body being costive: The leaves bruised and laid to the eyes with a little Honey taketh away the Inflammations of them. The leaves bruised, or rubbed upon any place stung with Bees, Wasps, or the like, presently taketh away the pains, redness, and swellings that rise thereupon: and Dioscorides saith, The Decoction of the leaves and roots helpeth all sorts of Poyson, so as the Poyson be presently voided by vomit. A Pultis made of the leaves boyled and bruised, whereunto is added Barley flour and Oyl of Roses is an especial remedy against all hard Tumours and Inflammations of Impostumes and swellings of the Cods, and other parts: and easeth the pains of them; and so again the hardness of the Liver or Spleen, being applied to the places. The juyce of the Mallows boyled in old Oyl and applied, taketh away all roughness of the skin: as also the Scurf, Dandrif, or dry Scabs in the Head, or other parts if they be anointed therewith, or washed with the Decoction, and preserveth the hair from falling off. It is also effectual against scaldings and burnings S. Anthonies fire, and all other hot, red, and painfull swellings in any part of the body. The flowers boyled in Oyl, or water (as every one is disposed) whereunto a little

Excoriations Phthisick Pleurisie.

Travail in Women. Falling-sickness. Eyn Bees, wasps, &c. Poyson. Hard swellings Inflammations, coals, Liver, Spleen. Roughness of the skin, scurf. Dandrif, scabby Heads, scalding, Burning, S. Anthonies fire.

Sore Mouth & Throat,

Baldness Thorns,

Belly,

Stone,

Reins, Kidneys, Bladder, cough, Hoarseness short ess of breath wheezing, Excoriation of the Guts, Ruptures, cramps, convulsions, The kings Evil, Kernels, chincough, worms, Bruises, Falls, Blows, Muscles,

Morphew Sunburning.

Iade Honey and Allum is put. Is an excellent Gargle to wash, cleanse, and heal any sore mouth, or throat in a short space. If the feet be bathed, or washed with the Decoction of the Leaves, Roots, and Flowers, it helpeth much the Defluction of Rheum from the head. If the head be washed therewith, it stayeth the falling and shedding of the hair. The green leaves (saith Pliny) beaten with Nitre and applied draweth out Thorns or pricks in the flesh.

The Marsh Mallows are more effectual in all the diseases before mentioned: The leaves are likewise used to loosen the Belly gently, and in Decoctions for Clysters, to ease all pains of the body, opening the strait passages, and making them slippery, whereby the stone may descend the more easily and without pain out of the Reins, Kidneys, and Bladder, and to ease the torturing pains thereof: But the Roots are of more especial use for those purposes, as well as for Coughs, hoarseness, shortness of breath, and wheesings, being boyled in Wine, or honeyed water and drunk. The Roots and Seeds hereof boyled in Wine or Water, is with good success used by them that have Excoriations in the Guts, or the bloody Flux, by qualifying the violence of the sharp fretting humours, easing the pains, and healing the soreness: it is profitably taken of them that are troubled with Ruptures, Cramps or Convulsions of the Sinews, and boyled in white Wine for the impostumes of the throat, commonly called the Kings Evil, and of those Kernels that rise behinde the ears and Inflammations, or swellings in Womens Breasts. The dried Roots boyled in Milk, and drunk is special good for the Chin-cough. Hippocrates used to give the Decoction of the Roots or the juyce thereof to drink to those that were wounded, and ready to faint through loss of blood, and applied the same mixed with Honey and Rozin to the wounds: As also the Roots boyled in Wine, to those that had received any hurt by bruises, falls, or blows, or had any Bone, or Member out of joynt, or any swelling pain, or ach in the Muscles, Sinews, or Arteries. The Mucellage of the Roots, and of Linseed, and of Fennugreek put together, is much used in Pultises, Oyntments and Plaisters, to mollifie and digest all hard swellings, and the Inflammation of them: and to ease pains in any part of the body. The Seed either green or dry mixed with Vinegar cleanseth the skin of the Morphew, and all other discolourings, being bathed therewith in the Sun.

You may remember that not long since there was a raging disease called the Bloudy Flux, the College of Physicians not knowing what to make of it called it the Plague in the Guts, for their wits were at (ne plus ultra) about it. My Son was taken with the same disease and the excoriation of his Bowels was exceeding great; my self being in the Countrey was sent for up the onely thing I gave him was Mallows bruised and boyled both in his Milk and drink: in two dayes (the blessing

of God being upon it) it cured him: and I here to shew my thankfulness to God in communicating it to his Creatures, leave it to posterity.

Sweet Marjerom.

THis is so well known being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the Winter sweet Marjerom, nor Pot Marjerom.

Place. They grow commonly in Gardens, some sorts there are that grow wilde in the Borders of Corn fields and Pastures in sundry places of this Land: but it is not my purpose to insist upon them: The Garden kinds being most used and usefull

Time. They flower in the end of Summer.

Head, Stomach, Breast, Obstructions, Liver, Spleen, womb, winde,

Virtues and Use. Our common sweet Marjerom is warming and comfortable in cold diseases of the head, stomach, sinews and other parts, taken inwardly, or outwardly applied: The Decoction thereof being drunk helpeth all the diseases of the Chest which hinder the freeness of breathing; and is also profitable for the Obstructions of the Liver and Spleen: It helpeth the cold griefs of the Womb, and the windiness thereof and the loss of Speech, by resolution of the Tongue. The Decoction thereof made with some Pellitory of Spain, and long Pepper, or with a little Acorns, or Origanum, being drunk, is good for those that are beginning to fall into a Dropsie, for those that cannot make water, and against pains and torments in the belly. It provoketh Womens Courses if it be put up as Pessary. Being made into Pouder and mixed with Honey, it taketh away the black marks of blows and bruises, being thereto applied. It is good for the inflammations and watering of the eyes being mixed with fine flour and laid unto them. The juyce dropped into the ears easeth the pains and singing noise in them. It is profitably put into those Ointments and Salves that are made to warm and comfort the outward parts: as the joynts and sinews: for swellings also and places out of joynt. The pouder thereof snuff'd up into the Nose, provoketh neezing, and thereby purgeth the brain; and chewed in the mouth draweth forth much Flegm. The Oyl made thereof is very warming and comfortable to the joynts that are stiff, and the sinews that are hard to mollifie and supple them. Marjerom is much used in all odoriferous waters, Pouders, &c. that are for Ornament, or delight.

Dropsie, Belly-ach, Terms provokes. Marks of blows, Noise in the ears. Joynts, Sinews, swellings, Neezing. Flegm.

It is an Herb of Mercury and under Aries, and is therefore an excellent remedy for the Brain and other parts of the body and minde, under the Dominion of the same Planet.

Mari-

Marigolds.

THeſe being ſo plentiful in every Garden are ſo well known that they need no deſcription

Time. They flower all the Summer long, and ſometimes in the Winter if it be milde.

Virtues and Uſe. The flowers either green, or dried are uſed much in Peſſets, broths and drinks, as a comforter of the heart and ſpirits, and to expell any malignant, or peſtilential quality which might annoy them

Heart, Vital Spirits, Peſtilence,

It is an herb of the Sun, and under Leo, they ſtrengthen the heart exceedingly, and are very expulſive and little leſs effectual in the ſmall Pox and Meaſles than Saffron. The juyce of Marigold leaves mixed with Vinegar, and any hot ſwelling bathed with it, inſtantly giveth eaſe and aſſwage it.

Small Pox. Meazles. Hot ſwellings.

A plaiſter made with the dry flowers in powder, Hogs grеaſe, Turpentine and Rozin, and applyed to the breaſt ſtrengthens and ſuccours the heart infinitely in Feavers, whether peſtilen tial, or not peſtilential.

Feavers, Peſtilence.

Maſterwort.

Deſcription. COmmon Maſterwort hath divers ſtalks of winged leaves divided into ſundry parts, three for the moſt part ſtanding together at a ſmall foot ſtalk on both ſides of the greater, and three likewiſe at the end of the ſtalk, ſomewhat broad and cut in on the edges into three or more diviſions; all of them dented about the brims, of a dark green colour, ſomewhat reſembling the leaves of Angelica, but that theſe grow lower to the ground and on leſſer ſtalks among which riſe up two or three ſhort ſtalks, about two foot high and ſlender, with ſuch like leaves at the joints as grow below, but with leſſer and fewer diviſions, bearing umbles of white flowers and after them ſmall thin, flat blackiſh Seed, bigger than Dill Seeds: The Root is ſomewhat great, and groweth rather ſideways than down deep into the ground, ſhooting forth ſundry heads which taſte ſharp biting on the Tongue, and is the hotteſt and ſharpeſt part of the Plant, and the ſeed next unto it, being ſomewhat blackiſh on the outſide, and ſmelling well.

Place. It is uſually kept in Gardens with us in England.

Time. It flowreth and ſeedeth about the end of Auguſt.

Virtues and Uſe. The Root of Maſterwort is better than Pepper, and very available in all cold griefs and diſeaſes both of ſtomach and body, diſſolving very powerfully upward and downward: It is alſo uſed in a Decoction with wine againſt all cold wheums, or diſtillations upon the Lungs, and ſhortneſs of breath,

Cold Griefs, Stomach, Winde, cold.

Rheums, Urine, Stone, Gravel, womens Courses, Dead childe, Mother, Dropsie, cramps, Falling-sickness, cold, poysons, Sweat, Green wounds, Rotten Ulcers, Gout.

to be taken morning and evening; it also provoketh Urine, and helpeth to break the Stone, and expell the Gravel from the Kidneys, procureth Womens Courses, and expelleth the dead birth, is singular good for the strangling of the Mother, and other such like Feminine diseases. It is effectual also against the Dropsie, Cramps, and the Falling sickness, for the Decoction in wine, being gargled in the mouth, draweth down much water and fleem from the brain, purging and easing it of what oppresseth it. It is of a rare quality against all sorts of cold poyson, to be taken as there is cause. It provoketh sweat. But lest the taste hereof, or of the seed (which worketh to the like effect, though not so powerfully) should be too offensive; the best way is to take the water distilled both from the Herb and Root. The juyce hereof dropped, or Tents dipped therein, and applied either to green wounds, or filthy rotten Ulcers, and those that come by invenomed weapons, doth soon cleanse and heal them, or if they be bathed with the distilled water. The same is also very good to help the Gout coming of a cold cause.

It is an Herb of Mars.

Sweet Maudlin.

Description. COmmon Maudlin have somewhat long and narrow leaves, snipped about the edges: the stalks are two foot high, bearing at the tops many yellow flowers set round together, and all of an equal height, in tufts like unto Tansy, after which groweth small whitish seed, almost as big as Worm-seed. The whole Herb is sweet and bitter.

Place and Time. It groweth in Gardens, and floureth in June and July.

Virtues and Use. The virtues hereof being the same with Costmary, or Alecost, I shall not trouble you to make any repetition thereof, lest my book grow too big: but rather refer you unto Costmary for satisfaction.

The Medlar.

Description. THis Tree groweth near the bignes of the Quince Tree, spreading branches reasonable large, with longer and narrower leaves than either the Apple or Quince, and not dented about the edges: At the end of the sprigs stand the flowers made of five white great broad pointed Leaves, nicked in the middle, with some white threds also: after which cometh the Fruit, of a brownish green colour, being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off, or fallen away, the head of the fruit is seen to be somewhat hollow. The fruit is very harsh before it be mellowed

lowed, and hath usually five hard Kernels within it.

There is another kinde hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not, and the Fruit is small and not so pleasant.

Time They grow in this Land; and flower in May for the most part, and bear ripe Fruit in September and October.

Virtues and Use. They are very powerfull to stay any Fluxes of bloud, or humours in man, or Woman: the Leaves have also the like quality. The Fruit eaten by Women with Childe, stayeth their longings after unusual meats, and is very effectual for them that are apt to miscarry, and be delivered before their time, to help that malady, and make them joyfull Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth, when there is any defluction of bloud to it, or of humours, which causeth Pains and Swellings: It is a good bath for Women to sit over that have their Courses flow too abundantly, or for the Piles when they bleed too much. If a Pultis, or Plaister be made with dried Medlars beaten and mixed with the juyce of red Roses, whereunto a few Cloves and Nutmegs may be added and a little red Coral also and applied to the Stomach that is given to casting, or loathing of meat, it effectually helpeth. The dried Leaves in Powder, strewed on fresh bleeding Wounds restraineth the bloud, and healeth up the Wound quickly: The Medlar stones made into Powder and drunk in Wine, wherein some Parsley Roots have lien infused all night, or a little boyled, do break the Stone in the Kidneys, helping to expell it.

Fluxes

Stayeth Womens longings, hinders miscarriage, Gargle. Womens courses, Piles

Loathing of Meat. or casting. Bleeding. Fresh Wounds Stone in the Kidneys.

The Fruit is old Saturns, and sure a better Medicine he hardly hath to strengthen the retentive faculty, therefore it stayes womens longings, the good old Man cannot endure Womens minds should run a gadding: Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the back, stops miscarriage in Women with Childe.

Miscarriage.

Melilot, or Kings Claver.

Description. This hath many green stalks, two or three foot high, rising from a tough long white Root, which dieth not every year; set round about at the joynts with small and somewhat long well smelling Leaves set three together, unevenly dented about the edges: The flowers are yellow, and well smelling also, made like other Trefoyls, but small, standing in long Spikes, one above another, for an hands breath long, or better, which afterwards turn into long crooked Cods, wherein is contained flat seed, somewhat brown.

Place. It groweth plentifully in many places of this

this Land, as in the edg of Suffolk and in Essex as also in Huntingtonshire and in other places, but most usually in Corn-fields, in corners of Meadows

Time. It flowreth in June and July, and is ripe quickly after.

Hard tumours, or inflammations in the eys or elsewhere ulcers, in the head, stomach, pained, headach, winde, spleen, dimness of sight, stupidity of senses, strengthens memory, apoplexy.

Virtues and Use. Mellilot boiled in Wine and applied, mollifieth all hard tumours and inflammations that happen in the eys or other parts of the body, as the fundament, or privy parts of man or woman; and sometimes the yolk of a roasted egg, or fine flour, or Poppy-seed, or Endive is added unto it: it helpeth the spreading ulcers in the head, it being washed with a Lye made thereof; it helpeth the pains of the stomach being applied fresh, or boiled with any of the aforenamed things. It helpeth also the pains of the ears, being dropped into them; and steeped in Vineger and Rose water, it mitigateth the Head ach. The flowers of Mellilot and Chamomel are much used to be put together in Clisters to expell winde, and to ease pains; also into Pultises for the same purpose, and to asswage swellings or tumours in the spleen or other parts; and helpeth inflammations in any part of the body. The juyce dropped into the eys, is a singular good Medicine to take away any film or skin that cloudeth or dimmeth the ey-sight The head often washed with the distilled water of the herb and flowers, or a Lye made therewith, is effectual for those that have suddenly lost their senses; as also to strengthen the memory, to comfort the head and brains, and to preserve them from pains and the Apoplexy.

French, and Dogs Mercury.

Description. THis riseth up with a square green stalk full of joynts two foot high or thereabouts, with two Leaves at every joynt, and branches likewise from both sides of the stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of Bassel finely dented about the edges: towards the tops of the stalks and branches come forth at every joynt in the male Mercury two small round green heads, standing together upon a short foot stalk which growing ripe are the seeds not having any flower: in the female, the stalk is longer, spike-fashion, set round about with small green husks, which are the flowers made like small branches of Grapes which give no seed, but abide long upon the stalks without shedding: the Root is composed of many small fibres, which perisheth every year at the first approach of Winter, and riseth again of its own sowing, and where it once is suffered to shew it self, the ground will never want it afterwards, even both sorts of it.

Dogs Mercury.

Deſcript. HAving deſcribed unto you that which is called French Mercury, I come now to ſhew you in a deſcription this kinde alſo.

This is likewiſe of two kindes, male and female, having many ſtalks ſlender and lower than Mercury, and without any branches at all upon them; the male is ſet with two leaves at every joynt, ſomewhat greater than the female, but more pointed and full of veins, and ſomewhat harder in handling, of a darker green colour, and leſs dented or ſnipped about the edges: at the Joints with the Leaves come forth longer ſtalks than the former, with two hairy round ſeeds upon them, twice as big as thoſe of the former Mercury: the taſte hereof is herby, and the ſmell ſomewhat ſtrong and virulent: the female hath much harder Leaves ſtanding upon longer footſtalks, and the ſtalk are alſo longer: from the joynts come forth ſpikes of flowers like the French female Mercury: the Roots of them both are many, and full of ſmall fibres which run under ground, and mat themſelves very much, not periſhing as the former Mercuries do, but abiding the Winters, and ſhoot forth new branches every year (for the old die down to the ground.

Place. The male and female French Mercury are found wilde in divers places of this Land; as by a village called Brockland in Rumney Marſh in Kent.

The Dogs Mercury in ſundry places of Kent alſo, and elſewhere, but the female more ſeldom than the male

Time. They flouriſh in the Summer moneths, and therein give their ſeed.

Virtues and Uſe. The Decoction of the Leaves of Mercury, or the wyce thereof in broth, or drunk with a little ſugar put to it, purgeth cholleriek and waterish humours. Hippocrates commendeth it wonderfully for womens diſeaſes; and applied it to the ſecret parts to eaſe the pains of the Mother; and uſed the Decoction of it both to procure womens Courſes, and to expell the after birth; and gave the Decoction thereof with Muſtard or Pepper, or uſed to apply the Leaves outwardly againſt the ſtrangury and diſeaſes of the Reins and bladder. He uſed it alſo for ſore and watering eyes, and for the drauſineſs and pain in the eares, by dropping the juice thereof into them, and bathing them afterwards in white Wine.

Purgeth cholleriek humours, womens ſickneſs, mother, womens courſes, ſtrangury ſore eyes, agues, flegm, rheums and catarrhs, melancholly humours.

The Decoction thereof made with water and a Cock Chicken, is a moſt ſafe medicine againſt the hot fits of Agues: it alſo cleanſeth the breaſt and Lungs of flegm, but a little offendeth the ſtomach: the juice or diſtilled water ſnuffed up into the noſtrils purgeth the head and eys of Catarrhs and Rheums. Some uſe to drink two or three Ounces of the diſtilled water with a little Sugar put to it, in the morning faſting, to open and purge the body of groſs viſcuous and melancholly humours,

mours. It is wonderfull (if it be not fabulous) the Dioscorides and Theophrastus do relate of it, viz. That if women use these Herbs either inwardly or outwardly for three days together after conception, and their Courses be past, they shall bring forth male or female Children, according to that kinde of Herb they use. Matthiolus saith, that the seed of both the male and female Mercury boiled with womens Wormwood and drunk, cureth the yellow Jaundice in a speedy manner: the Leaves of the juyce rubbed upon Warts taketh them away: the juyce mingled with some Vineger helpeth all running scabs, tetters, ring-worms, and the Itch. Galen saith, that being applied in manner of a Pultis, to any swelling or inflammation, it digesteth the swelling and allayeth the inflammation; and is therefore given in Clysters to evacuate the belly from offensive humours.

Yellow Jaundice warts, scabs, & tetters, ring-worms, swellings, inflammations, waterish and melancholly humours.

The Dogs Mercury, although it be less used, yet may serve in the same manner to the same purpose to purge waterish and melancholick humours.

Mercury they say owns this Herb, but I rather think it is Venus, and am pretty confident of it too, for I never read that Mercury ever minded womens businesses so much, I believe he minds his study more.

Mint.

Descri- ption. OF all the kindes of Mints, the Spear-Mint or Heart-Mint, being most useful, I shall onely describe it, as followeth.

Spear-Mint hath divers round stalks and long, but narrowish Leaves set thereon; of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale bluish colour. The smell or scent hereof is somewhat near unto Basil: It increaseth by the Root under ground, as all the others do.

Place. It is an usual Inhabitant in Gardens, and because it seldom giveth any good seed, the defect is recompensed by the plentifull increase of the Root which being once planted in a Garden will hardly be rid out again.

Provokes venery, stayeth vomiting allayeth choller, impostumes, great breasts, mad dogs bitings, pains of the Ears.

Time. It flowreth not untill the beginning of August, for the most part.

Virtues and Use. Dioscorides saith, It hath an heating binding and drying quality, and therefore the juyce taken with Vineger stayeth bleeding; it stirreth up venery or bodily lust: two or three branches thereof taken with the juyce of sowre Pomegranates stayeth the hiccough, vomiting and allayeth Choller: it dissolveth Impostumes being laid to with Barley-meal. It is good to repress the milk in womens breasts: and for such as have swollen, flagging or great breasts: applied with salt, it helpeth the biting of a mad dog; with Mead or honeyed water, it easeth the pains of the ears, and taketh away the roughness of the tongue,

being

being rubbed thereupon. It suffereth not milk to curdle in the stomach if the Leaves thereof be steeped or boiled in it before you drink it. Briefly it is very profitable to the stomach: the often use thereof is a very powerfull medicine to stay womens Courses and the Whites. Applied to the forehead or Temples, it easeth pain of the head. And is good to wash the heads of young Children therewith, against all manner of bre kings out, sores or scabs therein; and heleth the chops of the Fundament. It is also profitable against poison of venomous Creatures. The distilled water of Mints available to all the purposes aforesaid, yet more weakly.

Good for the stomach, pains of the head, sores and scabs, chops of the fundament, poyson,

But if a spirit thereof be slightly and chimically drawn, it is much more powerfull than the Herb it self. Simeon Sethi saith, it helpeth a cold Liver, strengthneth the belly and stomach, causeth digestion, stayeth vomit and the hiccough, is good against the gnawings of the heart, provoketh appetite, taketh away Obstructions of the Liver, and stirreth up bodily luft: but thereof too much must not be taken, because it maketh the blood thin and wheylish, and turneth it into choller, and therefore chollerick persons must abstain from it.

helpeth Liver & stomach, hiccough, stayeth vomiting, provoketh luft, spleen, gravel, stone & strangury, comforts the head, sore mouth, ill breath, pallat down

It is a safe medicine for the biting of a mad dog, being bruised with Salt and laid thereon. The powder of it being dried and taken after meat helpeth digestion, and those that are spleenetick: taken with wine it helpeth women in sore travell in Child-bearing. It is good against the gravel and stone in the Kidneys, and the strangury. Being smelled unto, it is comfortable for the head and memory. The Decoction thereof gargled in the mouth, cureth the gums and mouth that is sore, and mendeth an ill savoured breath: as also with Rue and Coriander, causeth the pallat of the mouth that is down to return to his place, the Decoction being gargled and held in the mouth.

The Virtues of the wilde or Horse-Mints, such as grow in ditches, whose description I purposely omitted in regard they are well enough known) are especially to dissolve winde in the stomach, to help the Chollick, and those that are short-winded: and an especial remedy for those that have venerious dreams and pollutions in the night being outwardly applied to the Testicles or Gods. The juyce dropped into the ears easeth the pains of them, and destroyeth the worms that breed therein. They are good against the venomous biting of Serpents. The juyce laid on warm helpeth the Kings Evil, or kernels in the throat: the Decoction or distilled water helpeth a stinking breath proceeding from the corruption of the teeth: and snuffed up into the nose purgeth the head. Pliny saith, that eating of the Leaves hath been found by experience to cure the Lepry, and applying some of them to the face; and to help the Scurf or Dandrif of the Head used with Vineger.

Winde, venerial dreams & nightly pollutions, Ears pained, biting of Serpents, Kings Evil, stinking breath, Lepry, Dandrif,

They

They are extreme bad for wounded people and they say a wounded man that eats Mints his wound will never be cured, and that is a long day.

Misselto.

Description. THis riseth up from the branch or arm of the tree whereon it groweth, with a woody stem parting it self into sundry branches, and they again divided into many other smaller twigs, interlacing themselves one within another, very much covered with a grayish green Bark, having two leaves set at every joyne, and at the end likewise, which are somewhat long and narrow; smaller at the bottom, but broader toward the end: at the knots or joynts of the boughs and branches grow small yellowish flowers, which turn into small round white transparent berries three or four together, full of glutinous moisture, with a blackish seed in every of them, which was never yet known to spring being put into the ground or any where else to grow.

Place. It groweth very rarely on Oaks with us, but upon sundry other, as well Timber as fruit trees plentifully in woods, groves, and the like through all this Land.

Time. It flowreth in the Spring-time, but the berries be not ripe until October, and abide on the branches all the winter, unless the Black-birds and other birds do devour them.

Vertues and Use. Both Leaves and Berries of Misselto do heat and dry, and are of subtil parts: the birdlime doth mollifie hard knots, tumours and impostumes, ripeneth and discusseth them, and draweth forth thick as well as thin humours from the remote places of the body digesting and separating them: and being mixed with equal parts of Rozin and Wax, doth mollifie the hardness of the spleen and healeth old Ulcers and sores being mixed with Sandarick, and Ointment it helpeth to draw off foul nails: and if Quicklime and Wineleers be added thereunto it worketh stronger. The Misselto it self of the Oak (as the best) made into powder and given in drink to those that have the falling sickness, doth assuredly heal them as Matthiolus saith: but it is fit to use it for forty days together. Some have so highly esteemed of the Vertues hereof, that they have called it (Lignum Sanctæ Crucis.) Wood of the holy Cross, believing it to help the Falling sickness, Apoplexy, and Palsie very speedily; not onely to be inwardly taken, but to be hung at their necks. Tragus saith, that the fresh wood of any Misselto bruised and the juyce drawn forth and dropped into the ears that have Impostumes in them, doth help and ease them within a few days.

Impostumes.

Spleen ulcers.

Falling-sickness.

Apoplexy, palsie.

Impostumes.

That it is under the Dominion of the Sun I do not question, and can also take for granted that that which grows

grows upon Oaks participates something of the nature of Jupiter, because an Oak is one of his trees; as also that which grows upon Pear-trees and Apple-trees participates something of the nature, because he rules the trees, and it draws sap from the trees it grows upon having no Root of its own, but why that should have most vertues that grows upon Oaks I know not, unless because it is rarest, and hardest to come by, and our Colledges opinion is in this contrary to the Scripture, which saith, Gods tender mercies are over all his works and so it is, let the Colledg of Physicians walk as contrary to him as they please, and that is as contrary as the East is to the West. Clusius affirms that which grows upon Pear-trees to be as prevalent, and gives order that it should not touch the ground after it is gathered, and also saith that being hung about the neck it remedies Witchcraft.

Money-wort, or Herb Two-pence.

Descript. THe common Money-wort sendeth forth from a small threddy Root divers long weak and slender branches lying and running upon the ground two or three foot long or more, set with Leaves two at a joynt one against another at equal distances, which are almost round, but pointed at the ends smooth and of a good green colour: at the joynts with the Leaves from the middle forward come forth at every joynt, sometimes one yellow flower and sometimes two standing each on a small foot-stalk, and made of five Leaves narrow and pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places small round heads of seed.

Place. It groweth plentifully in almost all places of this Land, commonly in moist grounds by hedg-sides, and in the middle of grassie fields

Time. They flower in June and July, and their seed is ripe quickly after.

Vertues and Use. Money-wort is singular good to stay all fluxes in men or women whether they be Lasks, bloody fluxes the flowing of womens Courses, bleedings inwardly or outwardly, and the weakness of the stomach that is given to casting. It is very good also for all ulcers or excoriations of the Lungs, or other inward parts. It is exceeding good for all wounds, either fresh or green to heal them speedily; and for old ulcers that are of a spreading nature: for all which purposes the juyce of the herb or the powder drunk in water, wherein hot steel hath been often quenched; or the Decoction of the green herb in Wine or Water drunk; or the seeds juyce or Decoction used to the outward places to wash or bath them, or to have Tents dipped therein and put into them, are effectual.

Fluxes, ulcers green wounds, old ulcers

Moon-wort.

Deſcription. This riſeth up uſually but with one dark green thick and fat Leaf ſtanding upon a ſhort foot ſtalk, not above two fingers breadth, but when it will flower it may be ſaid to bear a ſmall ſlender ſtalk about four or five inches high, having but one ſuch ſet in the middle thereof, which is much divided on both ſides into ſometimes five or ſeven parts on a ſide ſometimes more, each of which parts is ſmall next the middle rib, but broad forwards and round pointed, reſembling therein an half Moon, from whence it took the name; the uppermoſt parts or diviſions being leſs than the loweſt: the ſtalk riſeth above this Leaf two or three inches bearing many branches of ſmall long tongues, every one like the ſpiky head of Adders-tongue of a brownish colour, which whether I ſhall call them flowers or the ſeed, I well know not: which after they have continued a while reſolve into mealy duſt: the root is ſmall and fibrous. This hath ſometimes divers ſuch like Leaves as are before deſcribed, with ſo many branches or tops ariſing from one ſtalk each divided from the other.

Place. It groweth on hills and heaths, yet where there is much graſs, for therein it delighteth to grow.

Time. It is to be found onely in April and May, for in June when any hot weather cometh for the moſt part it is withered and gone.

Vertues and Uſe. Moon-wort is cold and drying more than Adders-tongue, and is therefore held to be more available for all wounds both inward and outward: the leaves boiled in red wine and drunk ſtayeth the immoderate flux of women Courſes, and the Whites: it alſo ſtayeth bleeding, vomitings, and other fluxes: it helpeth all blows and bruiſes, and to conſolidate all fractures and diſlocations. It is good for ruptures: but it is chiefly uſed by moſt, with other herbs to make Oyls or Balſoms to heal freſh or green wounds (as I ſaid before) either inward or outward: for which it is excellent good.

Womens courſes bleeding vomiting fluxes. broken and diſjoynted Bones, green wounds.

Moon-wort is an herb which they ſay will open Locks, and unſhoe ſuch Horſes as tread upon it, that ſome laugh to ſcorn, and thoſe no ſmall fools neither but Country-people that I know, call it (Unſhoe the Horſe) beſides I have heard Commanders ſay that on White-down in Devonſhire near Taviſtock there was found thirty Horſ-ſhooes, pulled off from the feet of the Earl of Eſſex his horſes being there drawn up in a Body; many of them being but newly ſhod, and no reaſon known, which cauſed much admiration; and the herb deſcribed uſually grows upon Heaths. The Moon owns the herb.

No

Mosses.

I shall not trouble the Reader with any description of these, sith my intent is to speak only of two kinds as the most principal, viz. Ground-moss, and Tree-moss both which are very well known.

Place. The Ground moss growing in our moist woods, and the bottoms of hills, in bogey grounds, and in shadowy ditches, and many other such like places.

The Tree moss groweth onely on Trees.

Virtues and Use. The Ground-moss is held to be singular good to break the Stone, and to excell and drive it forth by urine, being boyled in wine and drunk: the herb bruised and boyled in water and applied easeth all inflammations and pains coming of an hot cause; and is therefore used to ease the pains of the hot Gout. *Stone, inflammations,*

The Tree-mosses are cooling and binding and partake of a digesting and mollifying quality withall, as Galen saith. But each Moss doth partake of the nature of the Tree from whence it is taken, therefore that of the Oak is more binding: and is of good effect to stay fluxes in man or woman, as also vomitings or bleedings, the pouder thereof being taken in wine: the Decoction thereof in wine is very good for women to be bathed with, or to sit in that are troubled with the overflowing of their Courses, the same being drunk stayeth the stomach that is troubled with casting, or bleeough, and as Avicenna saith, it comforteth the heart: the pouder thereof taken in drink for some time together, is thought available for the Dropsie. The Oyl of Roses that hath had fresh Moss steeped therein for a time, and after boyled and applied to the temples and forehead, doth marvellously ease the head-ach coming of a hot cause, as also the distillations of hot theum or humours to the eys or other parts: the Antients much used it in their Ointments and other medicines against Lassitude, and to strengthen and comfort the sinews. For which, if it was good then, I know no reason but it may be found so still. *fluxes, vomiting, bleeding, women, courses, dropsie, Head-ach, sinews.*

Mother-wort.

Description. THis hath a hard, square, brownish, rough, strong stalk, rising three or four foot high at the least, spreading into many branches, whereon grow Leaves on each side with long foot stalks, two at every joint, which are somewhat long and broad as it were, rough or crumpled, with many great veins therein; of a sad green colour, and deeply dented about the edges and almost divided: from the middle of the branches up to the tops of them (which are very long and small) grow the flowers round about them at distances in sharp pointed rough hard husks, of a more

red or purple colour than Balm or Horehound, but in the same manner and form as the Horehounds: after which come small round blackish seed in great plenty: the root sendeth forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish or brownish colour, and abideth as the Horehound doth; the smell of this being not much different from it.

Place. It groweth onely in Gardens with us in England.

Swoonings, faint travels in the urine, womens courses, flegm, cold flegm, cramps, convulsions, melancholly vapours

Vertues and Use. Motherwort is held to be effectual for the trembling of the heart and faintings and swoonings, from whence it took the name Cardiaca. The pouder thereof to the quantity of a spoonful drunk in wine, is a wonderful help to women in their sore travels, as also for the suffocations and fits of the Mother: and from these effects it is likely it took the name of Motherwort with us. It also provoketh urine and womens Courses, cleanseth the Chest of cold flegm oppressing it, and killeth the worms in the belly: it is of good use to warm and dry up cold humours, to digest and disperse them that are settled in the veins, joynts, and sinews of the body, and to help Cramps and Convulsions.

Venus owns the herb, and it is under Leo, there is no better herb to drive melancholly vapours from the heart, to strengthen it, and make a merry chearful blith soul than this herb; it may be kept in a Syrup or Conserve, therefore the Latins called it Cardiaca: besides it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it Motherwort.

Mouse-ear.

Descript. THis is a low herb creeping upon the ground by small strings like the Strawberry plant, whereby it shooteth forth small Roots, whereat grow upon the ground many small and somewhat short Leaves set in a round form together, hollowish in the middle where they are broadest, of an hoary colour all over and very hairy, which being broken, do give a white milk: from among these leaves spring up two or three small hoary stalks about a span high, with a few smaller leaves thereon; at the tops whereof standeth usually but one flower, consisting of many paler yellow leaves broad at the points, and a little dented in, set in three or four rows, the greater outmost, very like a Dandelion flower, and a little reddish underneath about the edges especially if it grow in a dry ground: which after they have stood long in flower, do turn into Down, which with the seed is carried away with the winde.

Place. It groweth on ditch banks and sometimes in ditches, if they be dry and in sandy grounds.

Time. It flowreth about June and July, and abideth green all the winter.

Virtues and Use. The juyce hereof taken in Wine, or the Decoction thereof drunk doth help the Jaundice although it continuance to drink thereof morning and evening, and abstain from other drink two or three hours after: it is a special remedy against the stone, and tormenting pain thereof; as also other tortures and griping pains of the bowels; the Decoction thereof with honey and Centaury, is held very effectual to help the Dropsie and that extreme loathing thereunto; and the diseases of the Spleen. It stayeth the fluxe of blood either at the mouth or nose, and inward bleedings also, for it is a singular wound herb for wounds both inward and outward: the powder the bloody flix, and stayeth the abundance of womens Courses: there is a Syrup made of the juyce hereof and sugar by the Apothecaries of Italy, and other places, which is of much account with them, to be given to those that are troubled with the Cough or Phthisick: the same also is singular good for ruptures or burstings. The green herb bruised and presently bound to any fresh cut or wound doth quickly solder the lips thereof. And the juyce, decoction, or powder of the dried herb is most singular to stay the malignity of spreading and fretting Cankers and Ulcers whersoever, yea in the mouth, or secret parts: the distilled water of the plant is available to all the diseases aforesaid, and to wash outward wounds and sores, and to apply cloths or cloths wet therein.

Jaundice
Stone, belly-ach
dropsie
flux, wounds, bloody flux,
Termes, flops,
Cough, Phthisick ruptures
Cankers, Ulcers, spreading sores.

The Moon owns the herb also, and though Authours cry out upon Alchymists for attempting to fix Quicksilver by this herb and Moon wort: a Woman would not have judged a thing by the success, if it be to be fixed at all, it is by lunar influence.

Mugwort.

Described. THe common Mugwort have divers leaves lying upon the ground, very much divided or cut deeply in about the brims, somewhat like wormwood, but much lighter, of a dark green colour on the upper side, and very hoary white underneath. The stalk rise to be four or five foot high, having on it such like leaves as those below, but somewhat smaller, branching forth very much toward the top: whereon are set very small pale yellowish flowers like buttons, which fall away, and after them come small seed inclosed in round heads: the root is long and hard with many small fibres growing from it, whereby it taketh strong hold in the ground, but both stalk and leaf do die down every year, and the root shooteth a new in the Spring. The whole plant is of a reasonable good scent, and is more easily propagated by the slips, than by the seed.

Place. It groweth plentifully in many places of this Land, by the way ſides, as alſo by ſmall Water-courſes, and in divers other places

Time. It flowreth and ſeedeth in the end of Summer.

Terms, provokes Birth, After-birth, Womb, inflamed, Worms, Kings Evil, Pains in the neck, Opium, Sciatica, Sinews pained, Cramp.

Virtues and Uſe. Mugwort is with good ſucceſs put among other herbs that are boyled for Women to ſit over the hot Decoction to draw down their Courſes: to help the delivery of the birth, and expel the after-birth; as alſo for the Obſtructions and Inflammations of the Mother. It breaketh the Stone, and cauſeth one to make water where it is ſtopped: The juyce thereof made up with Myrrh and put under as a Peſſary worketh the ſame effect, and ſo doth the root alſo, being made up with Hogs greaſe into an Ointment, it taketh away Wens and hard knots and kernels that grow about the Neck and throat, and eaſeth the pains about the neck more effectually, if ſome field Daiſies be put with it. The Herb it ſelf being freſh, or the juyce thereof taken, is a ſpecial remedy upon this overmuch taking of Opium. Three drams of the Pouder of the dried leaves taken in Wine, is a ſpeedy and the beſt certain help for the Sciatica. A decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the ſinews and the Cramp.

This is an herb of Venus, therefore maintaineth the parts of the body ſhe rules, and remedies the diſeaſes of the parts that are under her ſigns, Taurus and Libra.

The Mulberry-tree.

THis is ſo well known in the places where it groweth that it needeth no deſcription.

Time. It beareth Fruit in the Moneths of July and Auguſt.

Binding, Fluxes, Lasks, Terms, Stops, Inflammation, Uvula, Sore mouth & Throat, Tooth-ach, bleeding.

Virtues and Uſe. The Mulberry is of different parts; the ripe Berries by reaſon of their ſweetneſs and ſlippery moiſture, opening the belly, and the unripe binding it, eſpecially when they are dried, and then they are good to ſtay Fluxes, Laſks, and the abundance of Womens Courſes. The bark of the Root killeth the broad Worms in the body. The juyce, or the Syrup made of the juyce of the berries, helpeth all Inflammations and Sores in the mouth or throat, and the Pallat of the Mouth when it is fallen down. The juyce of the leaves is a remedy againſt the biting of Serpents, and for thoſe that have taken Aconite: The leaves beaten with Vinegar is good to lay on any place that is burnt with fire. A Decoction made of the bark and leaves is good to waſh the mouth and teeth when they ach. If the Root be a little ſlit or cut, and a ſmall hole made in the ground next thereunto, in the Harveſt time, it will give out a certain juyce, which being hard-

hardned, the next day is of good use to help the Toothach to dissolve Knots and purge the belly: The leaves of Mulberries are said to stay bleeding at mouth, or nose, or the bleeding of the Piles: or of a wound being bound unto the places. A branch of the Tree taken when the Moon is at the full, and bound to the wrist of a Womans arm whose Courses come down too much, doth stay them in a short space. *Hemorrhoides. A curious secret.*

Mercury rules the Tree, therefore are its effects variable as his are.

Mullein.

Descri-ption. THe common white Mullein hath many fair large woolly white leaves lying next the ground somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The stalk riseth up to be four or five foot high, covered over with such like leaves but lesser, so that no stalk can be seen for the multitude of leaves thereon up to the flowers, which come forth on all sides of the stalk, without any branches for the most part, and are many set together in a long spike, in some of a gold yellow colour, in others more pale, consisting of five round pointed leaves, which afterwards give small round heads wherein is small brownish seed contained: The Root is long, white, and woody, perishing after it hath born Seed.

Place It groweth by the way sides, and in Lanes in many places of this Land

Time. It flowreth in July or thereabouts.

Virtues and Use. A small quantity of the Root given in wine, is commended by Dioscorides against Lasks and Fluxes of the belly: The Decoction thereof drunk is profitable for those that are bursten, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled easeth the pains of the Tooth ach: An Oyl made by the often infusion of the flowers is of very good effect for the Piles. The decoction of the Root in red Wine, or in water (if there be an Ague) wherein red hot Steel hath been often quenched, doth stay the bloudy flux. The same also openeth Obstructions of the Bladder and Reins when one cannot make water. A Decoction of the leaves hereof, and of Sage, Marjerom and Camomil flowers & the places bathed therewith that have sinews stark with cold, or Cramps, doth bring them much ease and comfort. Three ounces of the distilled water of the flowers drunk morning and evening for some days together is said to be the most excellent remedy for the hot Gout. The juice of the leaves and flowers being laid upon rough Warts, as also the pouder of the dried Roots rubbed on doth easily take them away, but doth not good to smooth Warts. The pouder of the dried flowers is an especial remedy for those that are troubled with belly-aches or *Flux, ruptures, Cramp, convulsion, cough, Tooth-ach, Hemorrhoids, Bloudy flux, Obstructions, Reins, Bladder, Sinews.* *Gout, Warts* *belly-ach*

Chollick, Inflammation, Thorns Splinters Boils, Groyn, Disjunctures.

the pains of the Chollick. The decoction of the root, and so likewise of the leaves is of great effect to dissolve the Tumours, swellings, or inflammation of the Throat. The seed and leaves boyled in wine and applied, draweth forth speedily thorns, or splinters gotten in the flesh, easeth the pains, and healeth them also. The leaves bruised and wrapped in double papers, and covered with hot ashes and embers to bake a while, and then taken forth and laid warm on any Botch, or Boil ripning in the Groyn or share, doth dissolve and heal them. The seed bruised and boyled in Wine and laid on any Member that hath been out of joynt and is newly set again, taketh away all swellings and pains thereof.

Mustard.

Descript. THe common Mustard hath large and broad rough leaves very much jagged with uneven, and unorderly gashes, somewhat like Turnip leaves, but lesser and rougher: The stalk riseth to be more than a foot high, and sometimes two foot high, being round, rough, and branched at the top, bearing such like leaves thereon as grow below, but lesser, and less divided; and divers yellow flowers one above another at the tops; after which come small rough pods, with small flank flatten's, wherein is contained round yellowish seed, sharp hot, and biting upon the tongue: The Root is small long and woody when it beareth stalks and perisheth every year.

Place. This groweth with us in Gardens onely, and other manured places.

Heats, Dries, Splinters, Thorns, Terms, provokes Falling-sickness, Lethargy, Sneezing.

Time. It is an annual Plant, flowreth in July, and their Seed is ripe in August.

Virtues and Use. Mustard seed hath the virtue of heating, discussing, rarefying and drawing out splinters of bone, and other things out of the flesh. It is of good effect to bring down womens courses for the Falling sickness, or Lethargy, drowsie forgetful evil, to use it both inwardly & outwardly to rub the Nostrils, Forehead and Temples, to warm and quicken the spirits, for by the fierce sharpness it purgeth the brain by sneezing, and drawing down Rheum and other vitious humours, which by their distillations upon the Lungs and Chest procure coughing, and therefore with some honey added thereto doth much good therein. The decoction of the seed made in wine and drunk, provoke Urine, resisteth the force of poyson, the Malignity of Mushroms, and the venom of Scorpions, or other venomous Creatures, if it be taken in time, and taken before the cold fits of Agues, altereth, lesseneth, and cureth them. The seed taken either by it self, or with other things, either in an Electuary or drink, doth mightily stir up bodily lust, and helpeth the sleen and pains in the sides, and gnawing in the Bowels. And used as a Gargle, draweth up the Pallat of the mouth being

Dizzy, Poyson, Mushroms, venomous beasts, Lust provokes, Spleen.

being fallen down, and alſo it diſſolveth the ſwellings about the throat, if it be outwardly applied. Being chewed in the mouth, it often times helpeth the Toothach: The outward application hereof upon the pained place of the Sciatica diſcuſſeth the humours and eaſeth the pains as alſo the Gout and other joynt aches. And is much and often uſed to eaſe pain in the ſides, or loens, the ſhoulders or other parts of the body, upon the applying thereof to raiſe blifters, and cureth the diſeaſe by drawing it to the outward part of the body. It is alſo uſed to help the falling of the hair: The ſeed bruiſed, mixed with Honey and applied, or made up with Vineg. taketh away the marks and black and blue ſtains of bruiſes, or the like, the roughneſs, or ſcabbedneſs of the ſkin, as alſo the Leproſie and lowſie evil: it helpeth alſo the crick in the neck. The diſtilled water of the herb when it is in flower is much uſed to drink inwardly to help in any the diſeaſes aforeſaid, or to waſh the mouth when the Pallat is down and for the diſeaſes of the throat to gargle, but outwardly alſo for ſcabs, Itch, or other like infirmities, and cleanſeth the face from Morphew, Spots, Freckles, and other deformities.

Uvula, Sciatica, Toothach, pains, Hair, Bruiſes, Black and blue ſpots, roughneſs, Leproſie, Lowſie Evils, Morphew Freckles, warts, Neaks.

It is an excellent ſawce for ſuch whoſe bloud wants clarifying, and for weak ſtomachs being an Herb of Mars: but nought for Cholleriek people, though as good for ſuch as are aged, or troubled with cold diſeaſes. Aries claims ſomething to do with it, therefore it ſtrengthens the heart and reſiſteth poyſon, let ſuch whoſe ſtomachs are ſo weak, they cannot digeſt their meat, or appetite it, take of Muſtard-ſeed a dram, Cinnamon as much, and having beaten them to Pouder, add half as much Maſtick in Pouder, and with Gum Arabick diſſolved in Roſe-water, make it up into Troches, of which they may take one of about half a dram weight an hour, or two before meals: let old men and women make much of this Medicine and they will either give me thanks, or manifeſt ingratitude.

Hedge-Muſtard.

Deſcription. THis groweth up uſually but with one blackiſh green ſtalk, tough, eaſie to bend, but not break, branched into divers parts, and ſometimes with divers ſtalks ſet full of branches, whereon grow long, tough or hard rugged leaves very much torn and cut on the edges into many parts, ſome bigger, and ſome leſſer, of a dirty green colour: The flowers are ſmall and yellow, that grow at the tops of the branches, in long ſpikes, flowring by degrees, ſo that continuing long in flower the ſtalks will have ſmall round Cods at the bottom, growing upright and cloſe to the ſtalk, while the top flowers yet ſhew themſelves; in which are contained ſmall yellow ſeed, ſharp and ſtrong, as the Herb is alſo: The Root groweth down ſlender

and woody, yet abiding, and springing again every year.

Breasts, Lungs, Hoarsness, Cough, shortness of breath, Jaundice, Plurisie, Back, Loins, Belly, chollick, Poyson, Sciatica, Gout, Joynts, fistulaes, Ulcers, cankers, Testicles, womens breasts.

Place. This groweth frequently in this Land by the wars and hedge sides, and sometimes in the open fields.

Time. It flowereth most usually about July.

Virtues and Use. It is singular good in all the diseases of the Chest and Lungs, hoarsness of voyce, and by the use of the Decoction thereof for a little space those have been recovered, who had utterly lost their voice, and almost their spirits also. The juyce thereof made into a Syrup, or licking Medicine with Honey or Sugar, is no less effectual for the same purpose and for all other Coughs, wheesings, and shortness of breath. The same is also profitable for those that have the Jaundice, the Plurisie, pains in the back and loyns and for torments in the belly or the chollick being also used in Clysters. The seed is held to be a special remedy against poyson and venom: It is singular good for the Sciatica, the Gout, and all joynt-aches, sores and Cankers in the mouth, Throat, or behinde the ears: and no less for the hardness and swelling of the Testicles, or of womens breasts.

Mars owns this herb also.

Nep, or Catmint.

Description. THe common Gardeu Nep, shooteth forth hard four-square stalks with a hoariness on them, award high or more, full of branches, bearing at every joynt two broad leaves, somewhat like Balm, but longer pointed, softer, whiter, but more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the branches, and underneath them likewise on the stalks many together, of a whitish purple colour. The Roots are composed of many long strings, or fibres, fasting themselves strongly in the ground, and abide with green leaves thereon all the Winter.

Place. It is onely nursed up in our Gardens.

Time. And it flowreth in July, or thereabouts.

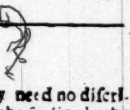
Terms provokes, Barreness womb, winde, Mother, cough, rheums, Vertigo, cramp, cold ach difficulty

Virtues and Use. Nep is generally used for women to procure their courses, being taken inwardly, or outwardly, either alone, or with other convenient Herbs in a decoction to bath them, or sit over the hot fumes thereof, and by the frequent use thereof it taketh away barrenness, and the winde and pains of the Mother. It is also used in pains of the head, coming of any cold cause, as Catarrhes, Rheums, and for swimming and giddiness thereof, and is of especial use for the windiness of the stomach and belly. It is effectual for any Cramps, or cold aches to dissolve the cold and winde that afflicteth the place, and is used for Colds, Coughs, and shortness of breath. The juyce thereof drunk in Wine is profitable for those that are bruised by any acci-

accident. The green Herb bruised and applied to the Fundament and lying there two or three hours easeth the pains of the Piles. The Juyce also being made up into an Ointment is effectual for the same purpose: The head washed with a Decoction thereof, it taketh away Scabs; and may be effectual for other parts of the body also.

of Breasts Bruises, Hemorroids, Scabby heads.

It is an Herb of Venus.



Nettles.

THese are so well known that they need no discription at all, they may be found by the feeling in the darkest night.

Vertues and use. The Roots or Leaves boiled or the juice of either of them, or both, made into an Electuary with Honey or Sugar, is a safe and sure Medicine to open the Pipes and passages of the Lungs which is the cause of wheesling and shortness of breath, and helpeth to expectorate tough Flegm, as also to raise the imposthumated Pleurisie and spend it by sitting. The same helpeth the swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith: The juyce is also effectual to settle the Pallat of the Mouth in its place, and to heal and temper the Inflammation and soreness of the Mouth and Throat. The Decoction of the leaves in Wine being drunk is singular good to provoke Womens courses and settle the suffocation or strangling of the Mother, and all other diseases thereof, as also applied outwardly with a little Mirrh. The same also, or the Seed provoketh Urine and expelleth the Gravel and Stone in the Reins or Bladder often proven to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the sides, and dissolveth the windiness in the Spleen as also in the body, among others think it onely powerfull to provok Venery. The juyce of the leaves taken two or three dayes together stayeth bleeding at the Mouth: The Seed being drunk is a remedy against the stinging of Venomous Creatures the biting of Mad Dogs. The Poysonfull qualities of Hemlock Henbane, Nightshade Mandrake, or other such like Herbs that stupifie or dull the senses, as also the Lethargy, especially to use it outwardly to rub the Forehead and Temples in the Lethargy, and the places bitten or stung with beasts with a little Salt. The distilled water of the Herb is also effectual (although not so powerfull) for the diseases aforesaid, as for outward Wounds and sores to wash them, and to cleanse the skin from Morphew, Leprosy and other disfigurings thereof: The seed or leaves bruised and put into the Nostrils stayeth the bleeding of them, and taketh away the flesh growing in them called Polipus. The juyce of the leaves, or the Decoction of them, or of the Roots, is singular good to wash either old rotten and

Lungs, Wheesing, Shortness of breath, Pleurisie, Almonds, of the Ears Throat, Mouth, Womb, Terms provokes, Mothers Disury, Gravel, Worms Spleen, Bleeding Venomous Beasts, Mad Dogs, Hemlock, Henbane Nightshade, Mandrakes, Lethargy Morphew Leprosie, Biteings, Polipus, Ulcers

Fistulaes Gangrenes Scabs Itch, wounds, VVearines, Disjunctures Gout, Sciatica, Joynts.

and stinking sores, or Fistulaes and Gangrenes, and such as are fretting, eating, or corroding Scabs, Sliminess and Itch in any part of the body, as also green Wounds by washing them therewith, or applying the green Herb bruised thereunto, yea, although the flesh were seperated from the bones: The same applied to our wearied Members refreshes them, or to places that have been out of joint being first set again, strengthneth, drieth, and comforteth them; as also those places troubled with Aches and Gouts and the defluxion of humours upon the joints of sinews it easeth the pains, and drieth or dissolveth the defluxions. An Oliment made of the juyce, Oyl, and a little Wax, is singular good to rub cold and benummed Members. An handfull of the leaves of green Nettles, and another of Wallwort, or Dane-wort, bruised and applied simply of themselves to the Gout, Sciatica, or joynt-aches in any part, hath been found to be an admirable help thereunto.

This also is an Herb Mars claims Dominion over, you know Mars is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle-tops eaten in Spring consume the Flegmatick superfluities in the body of Man, that the coldness and moisture of Winter hath left behinde.

Nightshade.

Description. Common Nightshade hath an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth into many branches whereon grow many green leaves somewhat broad and pointed at the ends, soft and full of juyce, somewhat like unto Bazil, but larger, and a little unevenly dented about the edges at the tops of the stalks and branches come forth three or four or more white flowers made of five small pointed leaves apiece standing on a stalk together, one above another with yellow points in the middle, composed of four or five yellow threds set together, which afterwards turn into so many pendulous green Berries of the bigness of small Peases full of green juyce and small whitish round flat Seed lying within it. The Root is white, and a little woody when it hath given flower and fruit with many small Fibres at it; The whole Plant is of a waterish insipid taste, but the juyce within the Berries is somewhat viscuous, and of a cooling and binding quality.

Place. It groweth wilde with us, under old Walls and in Rubbish, the common paths, and sides of the hedges and fields, also in our Gardens here in England without any planting.

Time. It dieth down every year, and ariseth again of its own sowing, but springeth not until the latter end of April at the soonest.

Virtues

Virtues and Use. This common Nightshade is wholly used to cool all hot Inflammations, either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Nightshades are; yet it must be used moderately: the distilled water onely of the whole Herb is fittest and safest to be taken inwardly. The juyce also clarified, and taken, being mingled with a little Vineger, is good to wash the Mouth and Throat that is inflamed: but outwardly the juyce of the Herb or Berries with Oyl of Roses, and a little Vineger and Ceruss laboured together in a Leaden Morter, is very good to anoint all hot Inflammations in the eys, it doth also much good for the Shingles Ring-worms, and in all running, fretting, and corroding Ulcers, and in moist Fistulaes, if the juyce be made up with some Hens dung and applied thereto: A Pessary dipped in the juyce, and put up into the Matrix stayeth the immoderate Flux of womens Courses: a cloath wet therein, and applied to the Testicles, or Cods, upon any swelling therein giveth much ease, as also to the Gout that cometh of hot and sharp humours. The juyce dropped into the ears, easeth pains therein that arise of heat, or Inflammation. And Pliny saith, it is good for hot swellings under the Throat.

Inflammations.

Inflammations of Eys, Shingles, Ring-worms, Terms flow, Testicles, Gouts, Ears.

Have a care you mistake not the deadly Nightshade for this, if you know it not, you may let them both alone, and take no harm, having other Medicines sufficient in the book.

The Oak.

THis is so well known (the Timber thereof being the glorie and safety of this Nation by Sea) that it needeth no description.

Virtues and Use. The Leaves and bark of the Oak, and the Acorn Cups, do binde and dry very much: the inner bark of the Tree, and the thin skin that covereth the Acorn, are most used to stay the spitting of blood, and the bloudy flux: the Decoction of that bark and the Powder of the Cups, to stay vomitings, spitting of blud, bleeding at mouth, or other flux of blood in man, or woman, Larks also, and the involuntary flux of natural seed. The Acorns in Powder taken in Wine, provoketh Urine, and resisteth the poyson of venomous creatures. The Decoction of Acorns and the bark made in milk, and taken resisteth the force of poysonous Herbs and Medicines, as also the Virulency of Canthariades, when one by eating them, hath his bladder exulcerated, and pisseth bloud.

Dry, binde, spitting bloud, bloudy flux, vomiting venereous Acts, Dysury, Poyson, venomous beasts, Cantharides, Ulcers of the bladders, Mother, Wounds.

Hippocrates saith, he used the fumes of Oak-leaves to women that were troubled with the strangling of the Mother, and Galen applied them being bruised to cure green wounds. The distilled water of the Oaken buds before they break out into Leaves, is good to be

Inflammation, flux, Pestilences, Epidemical diseases, Liver, Stone, Terms stops, scabs.

used either inward or outwardly, to affwage Inflammations, and stop all manner of fluxes in man or women: the same is singular good in Pestilential and hot burning Feavers, for it resisteth the force of the infection, and allayeth the heat, it cooleth the heat of the Liver, breaketh the stone in the Kidneys, and stayeth womens Courses: the Decoction of the Leaves worketh the same effects. The water that is found in the hollow places of old Oaks, is very effectual against any foul, or spreading Scab.

The distilled water (or Decoction which is better) of the Leaves is one of the best remedies that I know for the Whites in Women.

Jupiter owns the Tree.

Oats.

THese are so well known that they need no description.

Stitch, winde, itch, Leprosie, Fistulaes, Imposthumes, Freckles.

Virtues and Use. Oats fried with Bay-Salt, and applied to the sides, takes away the pains of stitches, and winde in the sides or belly: a Pultis made of the Meal of Oats, and some Oyl of Bays put thereto, helpeth the Itch, and the Leprosie, as also the Fistulaes of the Fundament, and dissolveth hard Imposthumes. The Meal of Oats boyled with Vineger and applied, taketh away Freckles and Spots in the face, or other parts of the body.

One blade.

Description. THis small Plant never beareth more than one Leaf, but onely when it riseth up with his stalk, which thereon beareth another, and seldom more, which are of a bluish green colour, pointed, with many ribs, or veins therein, like Plantan: at the top of the stalk, grow many small white flowers, Starfashion, smelling somewhat sweet; after which come small reddish Berries when they are ripe. The Root is small of the bigness of a rush, lying and creeping under the upper crust of the earth, shooting forth in divers places.

Place. It groweth in moist, shadowy, and grassy places of Woods, in many places of this Land.

Time. It flowereth about May, and the Berries be ripe in June, and then quickly perisheth untill the next year, it springeth from the same Root again.

Pestilence, poyson, Epidemical diseases.

Virtues and Use. Half a dram, or a dram at most in Pouder of the Roots hereof taken in Wine and Vineger of each equal parts, and the party laid presently to sweat thereupon, is held to be a sovereign remedy for those that are infected with the Plague, and have a Sore upon them, by expelling the Poyson and infection, and defending the heart and spirits from danger.

It is

It is a singular good wound Herb, and is thereupon used with other the like effects in making compound Balms for the curing of wounds, be they fresh and green, or old and malignant, and especially if the sinews be hurt. *Wounds, Sinews cut.*

Onions.

THese are so well known that I need not spend time about writing a description of them.

Virtues and Uses. Onions are Flatulent or windy, yet they do somewhat provoke appetite, increase thirst, ease the belly and bowels; provoke womens Courses, help the biting of a mad Dog, and of other venomous Creatures, to be used with Honey and Rue, and increaseth Sperm, especially the seed of them: they also kill the worms in Children if they drink the water fatting wherein they have been steeped all night. Being roasted under the Embers, and eaten with Honey, or Sugar and Oyl they much conduce to help an inveterate Cough, and expectorate the tough flegm. The juyce being snuffed up into the Nostrils, purgeth the head, and helpeth the Lethargy (yet the often eating of them is said to procure pains in the head) It hath been held with divers Countrey people a good preservative against infection to eat Onions fasting with bread and Salt: as also to make a great Onion hollow, filling the place with good Triacle, and after to roast it well under the Embers, which after taking away of the uttermost skin thereof, being beaten together, is a sovereign Salve for either Plague-sore, or any other putrid Ulcer. The juyce of Onions is good for either scalding, or burning by fire, water, or Gun-pouder, and used with Vineger, taketh away all Blemishes, Spots, and Marks in the skin, and dropped into the Ears, easeth the pains and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Impostumes and other Sores. *Mad dogs, worms, Lethargy, Epidemical diseases.*

Leeks are as like them in quality as a Pomewater is like an Apple: they are a remedy against a Surfeit of Mushroms, being baked under the Embers and taken; and being boyled and applied warm helpeth the Piles; in other things they have the same property as the Onions, although not so effectual.

Mars owns them, and they have gotten this quality, to draw any corruption to them, for if you pill one and lay it upon a Dunghil, you shall finde him rotten in half a day, by drawing putrifaction to it, then being bruised and applied to a Plague-sore it is very probable it will do the like.

Orpine.

Descripsion. COmmon Orpine riseth up with divers round brittle stalks, thick set with fat and fleshly

Leaves without any order, and little or nothing dented about the edges, of a pale green colour; the flowers are white, or whitish, growing in tufts, after which come small chaffy Husks, with seed like dust in them. The Roots are divers thick, round, white tuberous clogs; and the Plant groweth not so big in some places as in others where it is found.

Place. It is frequent almost in every Countrey of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wilde and groweth in the meadowy sides of fields and woods.

Time. It flowereth about July, and the seed is ripe in Auguſt.

Virtues and Use. Orpine is seldom used in inward Medicines with us, although Tragus saith from experience in Germany, that the distilled water thereof is profitable for gnawings, or excoriations in the stomach or bowels, and for Ulcers in the Lungs, Liver, or other inward parts, as also in the Matrix, and helpeth all those diseases, being drunk for certain days together: and that it stayeth the sharpness of humours in the bloudy flux, and other fluxes in the body, or in wounds: the Root thereof also perfecteth the same effect. It is used outwardly to cool any heat, or Inflammation upon any hurt or wound, and easeth the pains of them: as also to heal scaldings, or burnings: the juyce thereof beaten with some green Sallet Oyl, and anointed: the Leaf also bruised and laid to any green wound in the hands or legs, doth heal them quickly and being bound to the Throat, much helpeth the Quinsie, it helpeth also ruptures and burstiness.

Excoriation of the bowels, phtisick, womb, bloudy flux, Wounds, Inflammation, Scalding, burning, Quinsie, Ruptures.

If you please to make the juyce into a Syrup with Honey or Sugar, you may safely take a spoonfull or two at a time (let my Authour say what he will) for a Quinsie, and you shall finde the Medicine more pleasant, and the Cure more speedy, than if you took a Dogs turd which is the learned Colledges vulgar Cure.

The Moon owns the Herb, and he that knows but her Exaltation, knows what I say is true.

Parsley.

THis is so well known to be an inhabitant in every Garden, that it is needless to write any description of it. The virtues of it being many are as followeth.

Stomach, Dissury, Terms provokes, Liver, Spleen, Falling-sickness, Bones,

Virtues and Use. It is very comfortable to the stomach, and helpeth to provoke Urine and womens Courses, and to break winde, both in the stomach and bowels, and doth a little open the body, but the Root much more, and openeth Obstructions both of the Liver and Spleen, and is therefore accounted one of the five opening Roots; Galen commendeth it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boyled and eaten like Parsnips.

The

The seed is effectual to provoke urine and women courses, to expel winde, to break the stone, and ease the pains and torments thereof, or of any other part of the body occasioned by winde. It is also effectual against the venom of any poysonful creature, and the danger that cometh to them that have taken Litharge, and is good against the Cough. The distilled water of Parsley is a familiar medicine with Nurses to give their children when they are troubled with winde in the stomach or belly, which they call the Frets, and is also much available to them that are of greater years. The leaves of Parsley laid to the eys that are inflamed with heat or swelling, doth much help them, it is to be used with bread or meal; and being dried with Butter and applied to womens breasts that are hard through the curdling of their milk, it abateth the hardness quickly, and also it taketh away black and blue markes coming of bruises or falls. The juyce thereof dropped into the eers with a little Wine easeth the pains. It augmenteth down an excellent Medicine to help the Jaundice and falling-sickness, the Dropsie and stone in the kidneys, in this manner: Take of the seeds of Parsley, Fennel, Annis, and Carraways of each an Ounce, of the Roots of Parsley, Burnet, Saxifrage, and Carraway, of each one Ounce and an half, let the seeds be bruised, and the Roots washed and cut small: Let them lie all night in steep in a bottle of white Wine, and in the morning be boiled in a close earthen vessel until a third part or more be wasted, which being strained and cleared: take four Ounces thereof morning and evening first and last, abstaining from Drink after it for three hours: this openeth Obstructions of the Liver and spleen, and expelleth the Dropsie and Jaundice by urine.

Winde, Convulsions, Breasts, Cough, Fastning obstructions, Eys, Womens breasts, curdled milk, black and blue marks, Jaundice, falling-sickness, stone.

Parsnip.

THe Garden kinde hereof is so well known (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wilde kinde being of more physical use, I shall in this place describe unto you.

Description. The wilde Parsnip differeth little from the Garden-kinde, but groweth not so fair and large, nor hath so many Leaves, and the Root is shorter, more woody, and not so fit to be eaten, and therefore the more medicinable.

Place. The name of the first sheweth the place of its growth, viz, in Gardens.

The other groweth wilde in divers places, as in the marshes of Rochester, and elsewhere, and flowreth in July, the seed being ripe about the beginning of August, the second year after the sowing: for if they do flower the first year the Countrey people call them Madneys.

Obstructions of the Liver & Spleen.

Lust provokes, disury, cleanse, open, venomous Beasts, chollick, disury.

Virtues and Use. The Garden Parsnip nourisheth much, and is good and wholesom nourishment, but a little windy, whereby it is thought to procure bodily lust: but it fatneth the body much if much used. It is conducible to the stomach and reins, and provoketh urine. But the wilde Parsnip hath a cutting, attenuating, cleansing and opening quality therein: it resisteth and helpeth the biting of Serpents, easeth pains and stitches in the sides, and dissolveth winde both in the stomach and bowels, which is the Chollick, and provoketh urine. The Root is often used, but the seed much more.

The wilde being better than the tame shews Dame Nature is the best Phyhcian.

Cow-Parsnip.

Description. THis groweth with three or four large spreaf minged, rough Leaves, lying often on the ground, or else raised a little from it, with long, round, hairy footstalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some Leaves, and not so deep in others, of a whitish green colour, smelling somewhat strong: among which ariseth up a round crested hairy stalk two or three foot high, with a few joynts and Leaves thereon, and branched at the top, where stand large umbels of white, and sometimes reddish flowers, and after them flat, whitish, thin-winged seed, two always joyned together. The Root is long and white with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasant.

Place. It groweth in moist meadows, and the borders and corners of fields, and near ditches generally through this Land.

Time. It flowreth in July, and seedeth in August.

Cough, difficulty of breath, Falling sickness, fistula, flegm, mother, Lethargy, Frenzie, head ach, scabs, Shingles.

Virtues and Use. The seed hereof as Galen saith is of a sharp and cutting quality, and is therefore a fit medicine for the cough and shortness of breath, the falling-sickness and the Jaundice. The Root is availabe to all the purposes aforesaid, and is also of great use to take away the hard skin that groweth on a fistula, if it be but scraped upon it. The seed hereof being drunk cleanseth the belly from tough flegmatick matter therein: easeth them that are Liver-grown, and womens passions of the Mother, as well being drunk as the smoak thereof received underneath, and likewise raiseth such as are fallen into a deep sleep, or have the Lethargy, by burning it under their nose: the seed and root boiled in Oyl, aad the head rubbed therewith, helpeth not onely those that are fallen into a phrensie, but also the Lethargy or drowsie evil; and those that have been long troubled with the head-ach, if it be likewise used

with

with Rue: it helpeth also the running scab, and the Shingles: the juyce of the flowers dropped into the ears that run and are full of matter, it cleanseth and healeth them.

The Peach-tree.

Descri-ption. THe Peach-tree groweth not so great as the Apricock-tree, yet spreadeth branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leaves dented about the edges. The blossoms are greater than the Plum, and of a light purple colour. The fruit round, and sometimes as big as a reasonable Pippin, others are smaller, as also differing in colour and tastes, as russet, red, or yellow, watery or firm with a Frieze or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter kernel within the stone; it sooner waxeth old and decayeth than the Apricock by much.

Place. They are nursed up in Gardens and Orchards through this Land.

Time. They flower in the Spring, and fructifie in Autumn.

Virtues and Use. The Leaves of Peaches bruised and laid on the belly killeth worms, and so they do also being boiled in Ale and drunk, and open the belly likewise; and being dried is a safe medicine to discuss humours. The powder of them strewed upon fresh bleeding wounds, staveth their bleeding, and closeth them up. The flowers steeped all night in a little Wine standing warm, strained forth in the morning, and drunk fasting doth gently open the belly, and move it downwards: a Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh vomiting, and spendeth watery and hydropick humours by the continuance thereof. The flowers made into a Conserve worketh the same effect. The liquour that droppeth from the Tree being wounded, is given in the Decoction of Coltsfoot, to those that are troubled with a Cough or shortness of breath, by adding thereto some sweet Wine, and putting Saffron also therein, it is good for those that are hoarse, or have lost their voice, helpeth all the defects of the Lung, and those that vomit and spit blood. Two drams thereof given in the juyce of Limmons or of Radish, is good for those that are troubled with the stone. The kernels of the stones do wonderfully ease the pains and wringings of the belly through winde or sharp humours, and help to make an excellent medicine for the stone upon all occasions) on this manner; Take fifty kernels of Peach stones, and one hundred of the kernels of Cherry-stones, a handfull of Elder-flowers, fresh or dried, and three pints of Muscadine, set them in a closed pot into a bed of

Virtues, open humours, wounds.

Dropsie, cough, shortness of breath, vomiting, spitting blood, Stone, winde, cholick.

horſe-dung for ten days, which after diſtill in Glaſs with a gentle fire, and keep it for your uſe; you may drink upon occaſion three or four Ounces at a time. The milk or cream of theſe kernels being drawn forth with ſome Vervain-water, and applied to the forehead and temples doth much help to procure reſt and ſleep to ſick perſons wanting it. The Oyl drawn from the kernels, the temples being therewith anointed doth the like: the ſaid Oyl put into Glifters eaſeth the pains of the winde-chollick, and anointed on the lower part of the belly doth the like, and dropped into the ears eaſeth the pains of them, the juyce of the Leaves doth the like: being alſo anointed on the forehead and temples, it helpeth the Megrim and all other pains in the head: if the kernels be bruiſed and boiled in Vinegar until they become thick, and applied to the head, it marvelloully procures the hair to grow again upon bald places or where it is too thin.

Watching.

Ears.

bald ſp.

Lady Venus owns this Tree, and by it oppoſeth the ill effect of Mars, and indeed for children and young people, nothing is better to purge Choller and the Jaundice than the Leaves and flowers of this Tree, being made into a Syrup or Conſerve, let ſuch as delight to pleaſe their luſt regard the fruit, but ſuch as love their health and their childrens, let them regard what I ſay, they may ſafely give two ſpoonfuls of the Syrup at a time, it is as gentle as Venus her ſelf.

The Pear-tree.

THeſe are ſo well known that they need no deſcription.

Virtues and Uſe. For their phyſical uſe they are beſt diſcerned by their taſtes: all the ſweet or luſcious ſorts whether manured or wilde, do help to move the belly downward more or leſs: thoſe that are harſh and ſowre do on the contrary binde the belly as much; and the Leaves do ſo alſo. Thoſe that are moiſt do in ſome ſort cool, but harſh or wilde ſorts much more, and are very good in repelling medicines; as if the wilde ſorts be boiled with Muſhroms, it maketh them the leſs dangerous. The ſaid Pears boiled with a little Honey, helpeth much the oppreſſed ſtomach, as all ſorts of them do, ſome more, ſome leſs; but the harſher ſorts do moſt cool and binde, ſerving well to be bound to green wounds to cool and ſtay the bloud, and heal up the wound without further trouble or inflammation, as Galen ſaith, he hath found by experience. And wilde Pears do ſooner cloſe up the Lips of green wounds than the others.

Muſhroms, ſtomach.

Inflammations, cool, binde, wounds.

Schola Salerni adviſeth to drink much Wine after Pears, or elſe (they ſay) they are as bad as poyſon, nay and they curſe the Tree for it too, but if a poor man finde his ſtomach oppreſſed by eating Pears it is but working hard, and it will do as well as drinking

Wine

Wine. The Tree belongs to Venus, and so doth the Apple-tree.

Pellitory of the Wall.

Descr. THis riseth up with many brownish, red, tender and weak, clear, and almost transparent stalks about two foot high, upon which grow at the several joynts, two Leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the stalks are also: at the joynts with the Leaves from the middle of the stalks upwards, where it spreadeth into some branches, stand many small, pale, purplish flowers, in hairy rough heads or husks; after which come small black and rough seed, which will stick to any cloth or garment, that shall touch it. The Root is somewhat long with many small fibres thereat, of a dark reddish colour, which abideth the Winter, although the stalks and Leaves perish and spring afresh every year.

Place. It groweth wilde generally through this Land, about the borders of fields, and by the sides of walls, and among rubbish; it will endure well being brought into Gardens, and planted on the shady side, where it will spring of its own sowing.

Time. It flowreth in June and July, and the seed is ripe soon after.

Virtues and Use. The dried herb Pellitory made up into an Electuary with Honey, or the juyce of the herb or the Decoction thereof made up with Sugar or Honey, is a singular remedy for any old dry Cough, the shortness of breath, and wheesing in the throat. Three Ounces of the juyce thereof taken at a time, doth wonderfully help stopping of the urine, and to expell the stone or gravel in the kidneys or bladder; and is therefore usually put among other herbs used in Clisters to mitigate pains in the back, sides, or bowels, proceeding of winde, stopping of urine, the gravel or stone as aforesaid: if the boyled herb sprinkled with some Muscadine be warmed upon a Tile, or in a Dish upon a few quick coals in a Chafing dish, and applied to the belly, it worketh the same effect. The Decoction of the herb being drunk, easeth pains of the Mother, and bringeth down womens Courses; it also easeth those griefs that rise from Obstructions of the Liver, Spleen, and Reins: the same Decoction with a little Honey added thereto is good to gargle a sore throat. The juyce held a while in the mouth easeth pains in the teeth. The distilled water of the herb drunk with some Sugar worketh the same effects, and cleanseth the skin from spots, freckles, purples, wheals, Sunburn, Morphew, &c.

Old or dry cough, shortness of breath, stone and gravel,

Mother, womens courses obstructions, sore throat, teeth, freckles, wheals, Sunburning, morphew, pain in the ears,

The juyce dropped into the Ears easeth the noise in them, and taketh away the pricking and shooting pains there-

impost-humes, burning, scalding, inflammation, ulcers, scabs, Falling of the hair, Piles, Gout, fistulaes, Green wounds, bruised, Tendon or Muscles.

therein: the same or the distilled water, assweageth hot and swelling Imposthumes, burnings and scaldings by fire or water, as also all other hot rumours and Inflammations or breakings out of heat, being bathed often with wet cloaths dipped therein. The said juyce made into a Liniment with Ceruss and Oyl of Roses and anointed therewith, cleanseth foul rotten ulcers, and stayeth spreading and creeping ulcers, and the running scabs or sores in childrens heads: and helpeth to stay falling of the hair from off the head. The said Ointment, or the herb applied to the Fundament openeth the Piles and easeth their pains; and being mixed with Goats tallow, helpeth the Gout. The juyce is very effectual to cleanse Fistulaes, and help to heal them up safely: or the herb it self bruised, & applied with a little Salt. It is likewise so effectual to heal any green wound that if it be bruised & bound thereto for three days you shall need no other medicine to heal it further. A Pultis made thereof with Mallows, and boiled in Wine, with Wheat-bean, and Bean-flour, and some Oyl put thereto, and applied warm to any bruised Sinew, Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the pains of the bruises, and dissolveth the congealed bloud coming of blows or falls from high places.

The juyce of Pellitory of Wall clarified and boiled into a Syrup with Honey, and a spoonfull of it drunk every morning by such as are subject to the Dropsie, if continuing that course though but once a week, if ever they have the Dropsie, let them come but to me, and I will cure them gratis.

Peny-royall.

Description. THis is so well known unto all (I mean the common kinde) that it needeth no description.

There is a greater kinde than the ordinary sort found wilde with us, wihich so abideth being brought into Gardens and differeth not from it, but onely in the largeness of the Leaves and stalks, in rising higher, and not creeping upon the ground so much. The flowers whereof are purple, growing in Rundles about the stalk like the other.

Place. The first which is common in Gardens, groweth also in many moist and watery places of this Land.

The second is found wilde in Essex, in divers places by the high-way, from London to Colchester, and thereabouts more abundantly than in other Countries, and is also planted in their Gardens in Essex.

Time. They flower in the latter end of Summer, about August.

Virtues and Use. Dioscorides saith, That Peny-royal maketh

maketh thin, tough flegm, warmeth the coldness of any part whereto it is applied, and digesteth raw, or corrupt matter: being boyled and drunk, it provoketh womens Courses and expelleth the dead Childe and After-birth, and stayeth the disposition to vomit, being taken in water and Vineger mingled together. And being mingled with Honey and Salt it avoideth flegm out of the Lungs, and purgeth Melancholly by the stool. Drunk with Wine it helpeth such as are bitten, or stung with venomous beasts: and applied to the Nostrils with Vineger, reviveth those that are fainting and swowning. Being dried and burnt it strengtheneth the Gums: it is helpfull to those that are troubled with the Gout, being applied of it self to the place untill it wax red: and applied in a plaister, it taketh away Spots, or Marks in the face: applied with Salt, it profiteth those that are Splenetick, or Liver-grown. The Decoction doth help the Itch, if washed therewith: being put into Baths for Women to sit therein, it helpeth the swelling and hardness of the Mother. The green Herb bruised and put into Vineger cleanseth foul Ulcers, and taketh away the Marks and bruises of blows about the eys, and all discolourings of the face by fire, yea, and the Leprosie, being drunk and outwardly applied: boyled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Griefs of the joynts, taking away the pains, and warming the cold parts, being fast bound to the place after a bathing, or sweating in an hot house. Pliny addeth that Penny-royal and Mints together help faintings, or swownings, being put into Vineger, and put to the Nostrils to be smelled unto, or a little thereof put into the mouth. It easeth the Head-ach, and the pains of the breast and belly, stayeth the gnawing of the stomach, and inward pains of the bowels; being drunk in Wine it provoketh womens Courses, and expelleth the dead Childe and After-birth: being given in Wine it helpeth the Falling-sickness: put into unwholesom, or stinking water that men must drink (as at Sea, and where other cannot be had) it maketh them the less hurtfull: it helpeth Cramps, or Convulsions of the Sinews, being applied with Honey, Salt, and Vineger. It is very effectual for the Cough, being boyled in milk and drunk, and for Ulcers, or sores in the mouth. Mathiolus saith, the Decoction thereof being drunk, helpeth the Jaundice and Dropsie, and all pains of the head and sinews that come of a cold cause, and that it helpeth to clear and quicken the eye-sight. applied to the Nostrils of those that have the Falling-sickness, or the Lethargy, or put into the mouth, it helpeth them much, being bruised and with Vineger applied. And applied with Barley Meal, it helpeth burnings by fire, and put into the ears, easeth the pains of them.

Tough flegm, Terms provokes, Dead child and After-birth, vomiting Melancholy, venomous beasts, Fainting and swowning, Gums, Gout, Marks in the face, tooth ach, Pains in the joynts, Head-ach, Pains of the belly & breast, Falling-sickness, stinking water, cramps and convulsions,

Sore Mouth, jaundice, dropsie, Pains of the heads and sinews, eye-sight, Lethargy burnings.

The Herb is under Venus.

Peony,

Peony, Masc. & Fem.

Descri-ption. THe Male Peony riseth up with many brown-ish stalks, whereon grow many fair green, and sometimes reddish Leaves, one set against another upon a stalk without any particular division in the Leaf at all. The flowers stand at the tops of the stalks, consisting of five or six broad Leaves, of a fair purplish red colour, with many yellow threds in the middle standing about the head, which after riseth to be the seed vessels, divided into two, three, or four crooked Pods like horns, which being full ripe, open, and turn themselves down one edge to another backward, shewing within them divers round, black shining seed, having also many red, or Crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick, and long, spreading and running down reasonable deep in the ground.

The ordinary Female Peony hath many stalks and more Leaves in them than the Male, the Leaves not so large, but nicked diverly on the edges, some with great and deep, others with smaller cuts and divisions, of a dark, or dead green colour. The flowers are of a strong heady scent, more usually smaller and of a more purple colour than the Male, with yellow thrums about the head as the Male hath. The seed vessels are like horns as in the Male, but smaller, the Seed also is black but less shining. The Roots consist of many thick and short tuberous clogs, fastened at the ends of long strings, and all from the head of the Root which is thick and short, and of the like scent with the Male.

Place and Time. They grow in Gardens, and flower usually about May.

Virtues and use. The Root of the Male Peony fresh gathered hath been found by experience to cure the Falling-sickness; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the root of the Male Peony washed clean and stamped some what small, and lay it to infuse in Sack for twenty four hours at the least, after strain it and take first and last, morning and evening a good draught for many days together before and after a full Moon, and this will also cure older persons if the disease be not grown too old and part cure, especially if there be a due and orderly preparation of the body, with Posset drink made of Betony, &c. The Root is also effectual for women that are not sufficiently cleansed after Child-birth, and such as are troubled with the Mother; for which likewise the blackseed beaten to Powder and given in Wine, is also available. The black seed also taken before bed-time, and in the morning is very effectual for such as in their sleep are troubled with the disease called Ephialtes, or Incubus, but we do commonly call it the Night-Mare; a disease which Melancholly persons are subject unto; it is also good against

Falling-sickness.

Women not clean-sed in child-birth.

Mother, Epialtes or the Night-mare.

Melancholick dreams.

against melancholick dreams. The distilled water, or Syrup made of the flowers worketh the same effects that the Root and the seed do, although more weakly. The female is often used for the purposes aforesaid, by reason the male is so scarce a plant that it is possessed by few, and those great lovers of rarities in this kinde.

It is an herb of the Sun, and under the Lion, Physicians say male Peony roots are best, but Dr. Reason told me, male Peony was best for men, and female Peony for women, and he desires to be judged by his brother Dr. Experience. The roots are held to be of most virtue, then the seeds next the flowers, and last of all the leaves.

Pepper-wort, or Dittander.

Description. Our common Pepper-wort sendeth forth somewhat long and broad leaves, of a light bluish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks three or four foot high, spreading many branches on all sides, and having many small white flowers at the tops of them, after which follow small seed in small heads: the root is slender, running much under ground, and rooting up again in many places, and both leaves and root are very hot and sharp of taste like Pepper, for which cause it took the name.

Place. It groweth naturally in many places of this Land, as at Clare in Essex, near Ely unto Exceter in Devonshire, upon Rochester Common in Kent, in Lancashire and divers other places, but is usually kept in Gardens.

Time. It flowereth in the end of June, and in July.

Virtues and Use. Pliny and Paulus Ægineta say, that Pepper-wort is very effectual for the Sciatica, or any other Gout, or pain in the joynts, or any other inveterate grief; the leaves hereof to be bruised and mixed with old Hogs grease and applied to the place; and to continue thereon four hours in men, and two hours in women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with wool or skins after they have sweat a little. It also amendeth the deformities or discolourings of the skin, and helpeth to take away marks, scars, and scabs, or the foul marks of burning with fire or iron. The juice hereof is in some places used to be given in Ale, to drink to women with childe, to procure them a speedy delivery in travel. *Sciatica, Gout, Pains in the joynts discolourings of the skin marks or scars by burning, speedy delivery.*

Here is another martial herb for you, make much of it.

Perwinkle.

Descri-ption. THe common sort hereof hath many branches trailing, or running upon the ground, shooting out small fibres at the joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places; at the joynts of these branches stand two small dark green shining leaves, somewhat like Bay-leaves but smaller, and with them come forth also the flowers (one at a joynt standing upon a tender footstalk) being somewhat long and hollow, parted at the brims, sometimes into four, sometimes five leaves, the most ordinary sort are of a pale blue colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger than a Rush, bushing in the ground, and creeping with his branches far about, whereby it quickly possesseth a great compass and is therefore most usually planted under hedges, where it may have room to run.

Place. Those with the pale blue, and those with the white flowers grow in Woods and Orchyards by the hedge-sides in divers places of this Land. But those with the purple flowers in Gardens onely.

Time. They flower in March and April.

Stauch Bleeding, Womens Courses Flux of the belly.

Virtues and Use. The Perwinkle is a great binder, staying bleeding both at mouth and nose, if some of the leaves be chewed: the French use it to stay womens Courses. Dioscorides, Galen, and Egineta commend it against the Lask, and fluxes of the belly to be drunk in Wine.

Venus owns this Herb, and saith, that the leaves eaten by man and wife together, causeth love between them.

St. Peters-wort.

Name. IF Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb as well as St. Johns-wort had found some other name to be known by; but we may say of our fore-fathers as St. Paul of the Athenians, I perceive that in many things you are too Superstitious: yet seeing it is come to that pass, that Custom having gotten possession pleads prescription for the name, I shall let it pass, and come to the Description of the Herb, which take as followeth.

Description. It riseth up with square upright stalks for the most part, somewhat greater and higher than St. Johns-wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else) for though God would have the Saints equal, the Pope is of another opinion) but brown in the same manner, having two leaves at every joynt, somewhat like, but larger than St. Johns-wort, and a little rounder pointed with few or no holes to be seen therein, and having sometimes

same

some smaller leaves rising from the bosom of the greater, and sometimes a little hairy also: at the tops of the stalks stand many star-like flowers, with yellow threads in the middle very like those of St. Johns-wort, insomuch that this is hardly discerned from it, but onely by the largnesse of height, the seed being alike both. The Root abideth long, sending forth new shoots every year.

Place. It groweth in many Grove and small low Woods, in divers places of this Land, as in Kent, Huntingdon, Cambridge, and Northamptonshires, as also near water-courses in other places.

Time. It flowereth in June and July, and the seed is ripe in August.

Virtues and Use. It is of the same property with St. Johns-wort, but somewhat weak, and therefore more seldom used. Two drams of the seed taken at a time in Honeyed water, purgeth Chollerick humours, (as saith Dioscorides, Pliny, and Galen) and thereby helpeth those that are troubled with the Sciatica: the leaves are used as St. Johns-wort, to help those places of the body that have been burnt with fire.

Choleric humours, Sciatica, burnings.

There is not a straw to chuse between this and St. Johns-wort, onely St. Peter must have it, lest he should lack Pot-herbs.

Pimpernel.

Description. Common Pimpernel hath divers weak square stalks lying on the ground, beset all along with two small and almost round leaves at every joynt one against another, very like Chickweed, but hath no foot-stalks, for the leaves do as it were compass the stalk: the flowers stand singly each by themselves at them and the stalks, consisting of five round small pointed leaves of a fine pale red colour, tending to a Orange; with so many threds in the middle, in whose places succeed smooth round heads, wherein is contained small seed. The Root is small and fibrous perishing every year.

Place. It groweth every where almost, as well in the meadows and Corn-fields, as by the way-sides, and in Gardens arising of it self.

Time. It flowereth from May unto August, and the seed ripeneth in the mean time and falleth.

Virtues and Use. This is of a cleansing and attractive quality, whereby it draweth forth Thorns or Splinters, or other such like things gotten into the flesh, and put up into the nostrils purgeth the head; and Galen saith also, they have a drying faculty, whereby they are good to sodder the lips of Wounds, and to cleanse foul Ulcers. The distilled water or juyce is much esteemed by French Dames to cleanse the skin from any roughness, deformity, or discolouring thereof: being boyled in Wine, and given to drink, it is a good rem-

Thorns, or Splinters, Purgeth the head, Wounds, Ulcers, cleanseth from

Plague, peſtilenſial feavers, venomous beaſts, mad dogs biting, obſtructions, Urine, ſtone and Gravel, Wounds, Ulcers, clouds or miſts in the Eyes, tooth-ach, Hemorrhoids.

dy againſt the Plague, and other peſtilential Feavers, if the party after taking it warm lie in his bed and ſweat for two hours after, and uſe the ſame twice at leaſt. It helpeth alſo all ſtingings and bitings of venomous beaſts, or mad Dogs, being uſed inwardly and applied outwardly: the ſame alſo openeth the Obſtructions of the Liver, and is very available againſt the infirmities of the Reins, it provoketh Urine, and helpeth to expell the ſtone and gravel out of the kidneys and bladder, and helpeth much in all inward Wounds and Ulcers. The Decoction or diſtilled water is no leſs effectual to be applied to all Wounds that are freſh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in ſhort ſpaces. A little honey mixed with the juyce and dropped into the Eys cleanſeth them from cloudy miſts, or thick films which grow over them and hinder the ſight: it helpeth the Tooth-ach being dropped into the Ear on the contrary ſide of the pain. It is alſo effectual to eaſe the pains of the Hemorrhoids or Piles.

Ground-Pine, or Chamepitys.

Deſcription. OUr common Ground-Pine groweth low, ſeldom riſing above an hand-breadth high, ſhooting forth divers ſmall branches, ſet with ſlender ſmall long narrow greyiſh, or whitiſh leaves ſomewhat hairy; and divided into three parts, many times many buſhing together at a joynt, and ſometimes ſome growing ſcatteredly upon the ſtalks, ſmelling ſomewhat ſtrong like unto Roſin; the flowers are ſomewhat ſmall and of a pale yellow colour growing from the joynts of the ſtalks all along among the leaves after which come ſmall, long, and round Huſks. The Root is ſmall, woody, periſhing every year.

Place. It groweth more plentifully in Kent than in any other Countrey of this Land; as namely, in many places from on this ſide Dartford, along to Southfleet, Cotham, and Rocheſter, and upon Chattam-down hard by the Beacon, and half a mile from Rocheſter in a field nigh a houſe called Selſey.

Time. It flowereth and giveth ſeed in the Summer moneths.

Sciatica, Obſtructions, Mother, womens Courſes, Dead childe & After-birth.

Virtues and Uſe. The Decoction of Ground-Pine drunk, doth wonderfully prevail againſt the Sciatica or any inward pains ariſing from the diſeaſes of the Reins and Urine, and is eſpecial good for all Obſtructions of the Liver and Spleen, and gently openeth the body, for which purpoſe they were wont in former times to make Pills with the powder thereof, and the purple figs. It mervellouſly helpeth all the diſeaſes of the Mother uſed inwardly, or applied outwardly, procuring womens Courſes, and expelling the dead childe and after-birth, yea it is ſo powerfull upon thoſe ſeminine parts that it is utterly forbidden to women with childe.

childe, in that it will cause Abortment or delivery before the time; it is as effectual also in all pains and diseases of the joynts, as Gouts, Cramps, Palsies, Sciatica, and Aches, either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both for some time together, for which purpose the Pills made with the powder of Ground-Pine, and of Hermodactils with Venice Turpentine are very effectual. These Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for the Jaundice, and for griping pains of the joynts, belly, or inward parts; it helpeth also all diseases of the brains proceeding of cold and regnatick humours and dilitations, as also for the falling-sickness. It is an especial remedy for the poyson of the Aconites of all sorts, and other poysonfull herbs, as also against the stinging of any venomous creature: it is a good remedy for the old cough, especially in the beginning. For all these purposes aforesaid, the herb tunned up in new Drink and drunk is almost as effectual, but far more acceptable to weak and dainty stomachs. The distilled water of the herb hath the same effects, but more weakly. The Conserve of the flowers doth the like, which Mathiolus much commendeth against the Palsie. The green herb or the Decoction thereof being applied, dissolveth the hardness of womens breasts, and all other hard swellings in any other part of the body. The green herb also applied, or the juyce thereof with some Honey, not onely cleanseth putrid, stinking, foul, and malignant ulcers, and sores of all sorts, but healeth and sodereth up the lips in green wounds in any part also.

Gouts, cramps, palsies, sciatica, aches & apoplexies, poyson of Aconites venomous creatures cold, cough, pains hard breasts, hard swellings ulcers, old sores, green wounds.

Let women forbear it if they be with childe, for it works violently upon the feminine part, and Mars owns it, I tell them but so.

Plantane.

THis groweth so familiarly in meadows and fields, and by path-ways, and is so well known that it needeth no Description.

Time. It is in its beauty about June, and the seed ripeneth shortly after.

Virtues and Use. The juyce of Plantane clarified and drunk for divers days together, either of it self or in other Drink prevaileth wonderfully against all torments or excoriations in the guts or bowels, helpeth the distillations of Rheum from the head, and stayeth all manner of fluxes even womens Courses when they flow too abundantly, it is good to stay spitting of blood, and all other bleedings at the mouth, or the making of foul or bloudy water by reason of any ulcer in the reins or bladder, and also stayeth the too free bleeding of wounds. It is held an especial remedy for those that are troubled with the Phthisick, or Consumption

Pains in the guts, distillations of rheum, fluxes, womens courses, spitting blood, bleeding at mouth or nose, making bloody water.

Consumption, ulcers in the Lungs, tertian Ague, dropsie, Falling sickness, tooth-ach Pin & Web in the eys, pains in the ears, Inflammations, burning, scalding, hollow ulcers, cankers, and sore mouths, or privy parts, Piles: pains of the head, lunacy & frenzie, biting of serpents, mad dogs, hot gouts, bones out of joint, worms in the belly, or in ulcers, scabs or itch, tetters, ring-worms: shingles, fretting sores: wounds.

sumption of the Lungs, or ulcers in the Lungs, or Coughs that come of heat. The Decoction or pouder of the Roots or Seed is much more binding for all the purposes aforesaid than the Leaves. Dioscorides saith that three Roots boiled in Wine and taken helpeth the tertian Ague, and four the quartan Ague, but (letting pass the number as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the Seed) is held to be very profitable against the Dropsie, the falling-sickness, the yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantan and Pellitory of Spain beaten to pouder and put into hollow teeth, taketh away the pains of them. The clarified juyce, or distilled water dropped into the eys cooleth the inflammations in them, and taketh away the Pin and Web; and dropped into the ears easeth pains in them, and helpeth and restoreth the hearing: the same also with juyce of Houfleek is profitable against all Inflammations and breakings out in the skin, and against burnings, or scaldings by fire, or water. The juyce or Decoction made either of it self, or other things of like nature is of much use and good effect for old hollow ulcers that are hard to be cured, and for Cankers and sores in the mouth, or privy parts of man or woman; and helpeth also the pains of the Piles in the Fundament. The juyce mixed with Oyl of Roses, and the Temples and forehead anointed therewith, easeth the pains of the head proceeding from heat, and helpeth Lunatick and phrenetick persons very much; as also the bitings of Serpents, or a mad dog: the same also is profitably applied to all hot Gouts in the feet or hands, especially in the beginning. It is also good to be applied where any bone is out of joynt, to hinder Inflammations, swellings and pains that presently rise thereupon. The pouder of the dried Leaves taken in Drink killeth the Worms of the belly, and boiled in Wine killeth Worms that breed in old and foul ulcers. One part of Plantan-water, and two parts of the brine of poudered Beef boiled together and clarified, is a most sure remedy to heal all spreading Scabs and Itch in the head or body, all manner of Tetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantans are singular good wound-herbs to heal fresh, or old wounds and sores either inward or outward.

It is true Myzaldus and others, yea almost all Astrologo-Physicians hold this to be an herb of Mars, and they give a verisimile of a truth for it too, viz. because it cures diseases of the head and privities which are under the houses of Mars, Aries, and Scorpio: all diseases of the head coming of heat are caused by Mars, for Venus is made of no such hot metall, or at least deals in inferiour parts. The truth is, it is under the commands of Venus, and cures the head by antipathy to Mars, and the privities by sympathy to Venus, neither

ther is there hardly a martial disease but it cures. If I were to fortifie my body against a martial disease I would do it by this herb as soon as by any, and may do it (it may be) when time shall serve.

Plums.

THese are so well known that they need no Description.

Virtues and Use. As there is great diversity of the kindes, so is there in the operation of Plums, for some that are sweet moisten the stomach, and make the belly soluble; those that are sowre quench thirst more and binde the belly, the moist and waterish do soonest, corrupt in the stomach but the firm do nourish more and offend less: the dried fruit sold by the Grocers under the name of Damask Prunes, do somewhat loosen the belly, and being stewed are often used both in health and sickness, to relish the mouth and stomach, to procure appetite, and a little to open the body, allay Choller, and cool the stomach: Plum-tree leaves boiled in Wine is good to wash and gargle the mouth and throat, to dry the flux of the the rheum coming to the pallat, gums, or almonds of the ears. The Gum of the Trees is good to break the stone. The Gum or Leaves boiled in Vineger and applied, killeth Tetters and Ring-worms. Mathiolus saith. The Oyl pressed out of the kernels of the stone, as Oyl of Almonds is made, is good against the inflamed Piles, the tumours, or swellings of ulcers, hoarsness of the voice, roughness of the tongue and throat, and likewise the pains in the ears. And that five Ounces of the said Oyl taken with one Ounce of Muscadine driveth forth the stone, and helpeth the Chollick.

Open the belly, quench thirst, & pind the belly, appetite, allay choller, cool the stomach, rheum, stone, tetters and ring-worms, Piles, ulcers, hoarsness, pains in the Ears, stone & chollick.

All Plums are under Venus, and are like Women, some better, some worse.

Pollipody of the Oak.

Description. THis is a small herb consisting of nothing but Roots and Leaves: bearing neither stalk, flower, nor Seed as it is thought. It hath three or four Leaves rising from the Root, every one singly by it self, of about a hand length, which are winged consisting of many small narrow Leaves, cut into the middle rib, standing on each side of the stalk, large below, and smaller up to the top, not dented, or notched on the edges at all, as the male Fern hath; of a sad green colour and smooth on the upper side, but on the underside somewhat rough, by reason of certain yellowish spots set thereon: the Root is smaller than ones little fingerdying a lope, or creeping along under the upper crust of the earth, brownish on the outside, and greenish within, of a sweetish harshness in taste, set with cer-

tain rough knags on each side thereof, having also much mossiness, or yellow hairiness upon it, and some fibres underneath it, whereby it is nourished.

Place. It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old mud-walls, as also in mossie, stony, and gravelly places, near unto Woods; that which groweth upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

Time. It being always green, may be gathered for use at any time.

Driers humours, purgeth burnt choller, flegm, melancholly, Spleen: quartan agues, chollick,

Virtues and Use. Mesues (who is called the Physicians Evangelist, for the certainty of his Medicines, and the truth of his opinions) saith, that it drieth up thin humours, digesteth thick and tough, and purgeth burnt Choller, and especially tough and thick flegm, and thin flegm also, even from the joynts, and is therefore good for those that are troubled with melancholly, or quartan Agues, especially if it be taken in Whey, or honeyed water, or in Barley-water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is also good for the hardness of the Spleen and for prickings or stitches in the sides, as also for the Chollick, some use to put it to some Fennel-seeds, or Annis-seeds, or Ginger to correct that loathing it bringeth to the stomach, which is more than needeth, it being a safe and gentle Medicine fit for all persons at all seasons, which daily experience confirmeth, and an Ounce of it may be given at any time in a Decoction, if there be not Sena, or some other strong purger put with it. A dram or two of the pouder of the dried Roots taken fasting in a cup of honeyed water, worketh gently, and for the purposes aforesaid. The distilled water both of Roots and Leaves is much commended for the quartan Ague, to be taken for many days together, as also against melancholly, or fearfull, or troublesom sleeps, or dreams, and with some Sugar-Candy dissolved therein, is good against the Cough, shortness of breath and wheesings, and those distillations of thin rheum upon the Lungs, which cause Phtisicks, and oftentimes Consumptions. The fresh Roots beaten small: or the pouder of the dried Roots mixed with Honey and applied to any member that is out of joynt doth much help it: applied also to the nose cureth the disease called Polipus, which is a piece of flesh growing therein which in time stoppeth the passage of breath through that nostril; and it helpeth those clefts or chops that come between the fingers or toes.

troublesom sleeps cough shortness of breath wheesings Lungs phtisick, members out of joydt, Polipus or disease in the nose, chops id the fingers or toes.

And why, I pray, must Polipodium of the Oak onely be used, gentle Colledg of Physicians, can you give me but a glimpse of a reason for it? Is it onely because it is dearest? Will you never leave your covetousness till your lives leave you? The truth is, that which grows upon the earth is best (it is an herb of Saturn

and he seldom climbs trees) to purge Melancholly, if the humour be otherwise, chuse your Polipodium accordingly.

The Poplar-Tree.

Description. THere are two sorts of Poplars, which are most familiar with us, viz. The black & the white, both which I shall here describe unto you.

The white Poplar groweth great and reasonable high, covered with a thick smooth white bark, especially the branches, having large leaves cut into several divisions almost like a Vine leaf, but not of so deep a green on the upper side, and hoary white underneath, of a reasonable good scent, the whole form representing the leaf of Coltsfoot. The Catkins which it bringeth forth before the leaves are long, and of a faint reddish colour, which fall away bearing seldom good seed with them. The wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The black Poplar groweth higher and straiter than the white, with a greenish bark bearing broad and green leaves somewhat like Ivy leaves, not cut in on the edges like the white, but whole and dented, ending in a point, and not white underneath, hanging by slender long footstalks, which with the air are continually shaken like as the Aspin leaves are: the Catkins hereof are greater than of the white, composed of many round green berries as it were set together in a long Clutter, containing much downie matter, which being ripe is blown away with the winde, the clammy buds hereof before they spread into leaves, are gathered to make the Unguentum Populeon, and are of a yellowish green colour and small, somewhat sweet, but strong. The wood is smooth, tough, and white, and easie to be cloven: on both these trees groweth a sweet kinde of Musk, which in former times was used to be put into sweet Ointments.

Place. They grow in moist Woods and by watersides in sundry places of the Land, yet the white is not so frequent as the other.

Time. Their time is likewise expressed before, the Catkins coming forth before the leaves, and ripen in the end of Summer.

Virtues and Use. The white Poplar, saith Galen, is of a cleansing property: the weight of one ounce in powder of the bark thereof being drunk saith Dioscorides, is a remedy for those that are troubled with the Sciatica, or the Strangury: the juyce of the leaves dropped warm into the Ears easeth the pains in them: the young clammy buds, or Eys before they break out into leaves, bruised, and a little Honey put to them, is a good Medicine for a dull sight. The black Poplar is held to be more cooling than the white, and therefore

Sciatica, Strangury, Pain in the Ears.

dull sight Gout falling sickness, Warts, pushes, & Wheals Heat and Inflammations, Dreth Womens Milk.

the leaves bruised with Vineger and applied, helpeth the Gout; the seed drunk in Vineger is held good against the Falling-sickness. The water that droppeth from the hollow places of this tree, taketh away Warts, Pushes, Wheals, and other the like breakings out in the body. The young black Poplar buds, saith Mathiolus, are much used by women to beautifie their hair, bruising them with fresh butter, and straining them after they have been kept for some time in the Sun. The Ovnment called Populeon, which is made of this Poplar, is singular good for all heat, or Inflammation in any part of the body, & tempereth the heat of Wounds; it is much used to dry up the Milk in Womens breasts when they have weyned their children.

Poppy.

OF this I shall describe three kindes, viz. The white and black, of the Garden, and the Erratick, wilde Poppy, or Corn Rose.

Description. The white Poppy hath at first four or five whitish green leaves lying upon the ground, which rise with the stalk, compassing it at the bottom of them, and are very large, much cut, or torn in on the edges, and dented also besides: the stalk which is usually four or five foot high, hath sometimes no branches at the top, and usually but two or three at most, bearing every one but one head, wrapped in a thin skin, which boweth down before it be ready to blow, & then rising and being broken, the flower within it spreadeth it self open, and consisteth of four very large white round leaves, with many whitish round threds in the middle, set about a small round green head, having a Crown, or Starlike cover at the head thereof, which growing ripe becometh as large as a great Apple, wherein are contained a great number of small round seed, in several partitions, or divisions next unto the shell, the middle thereof remaining hollow and empty. All the whole Plant, both leaves, stalks, and heads, while they are fresh, young, and green; yield a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heady smell, which being condensate is called Opium. The Root is white, and woody, perishing as soon as it hath given ripe seed.

The black Poppy little differeth from the former, untill it beareth his flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the leaf. The head of seed is much less than the former, and openeth it self a little round about the top under the Crown, so that the seed which is very black will fall out if one turn the head thereof downwards.

The wilde Poppy, or Corn Rose hath long and m

row leaves, very much cut in on the edges into many divi ons, of a light green colour, and sometimes hairy withall; the stalk is blackish and hairy also, but not so all as the Garden kindes, having some such like leaves thereon as grow below, parted into three or four branches sometimes, whereon grow small hairy heads bowing down before the skin break, wherein the flower is inclosed, which when it is full blown open, is of a fair yellowith red, or crimson colour, and in some much paler, withou many spot in the bottom of the leaves having many black soft threds in the middle compassing a small green head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black seed, smaller by half than that of the Garden. The Root perisheth every year, and springeth again of its own sowing. Of this kinde there is one lesser in all the parts thereof, and differeth in nothing else.

Place. The Garden kindes do not naturally grow wilde in any place, but are all sown in Gardens where they grow.

The wilde Poppy, or Corn Rose is plentifull enough, and many times too much in the Corn fields of all Countries through this Land, and also upon Ditch-Banks, and by Hedge-sides: the smaller wilde kinde is also found in Corn fields, and also in some other places, but not so plentifull as the former

Time. The Garden kindes are usually sown in the Spring, which then flower about the end of May, and somewhat earlier, if they spring of their own sowing.

The wilde kindes flower usually from May untill July, and the seed of them is ripe soon after the flowering.

Virtues and Use. The Garden Poppy heads with seeds made into a Syrup, is frequently and to good effect used to procure rest and sleep in the sick and weak, and to stay Catarrhs and hot Defluxions of hot thin Rheums from the head into the stomach, and upon the Lungs, causing a continual Cough the fore-runner of a Consumption: it helpeth also hoarsness of the throat, and when one hath lost their voice, which the oyl of the seed doth likewise. The black seed boyled in Wine and drunk, is said also to stay the Flux of the belly and womens Courses. The emmty shels of the Poppy heads are usually boyled in water and given to procure rest and sleep, so do the leaves in the same manner as also if the head and temples be bathed with the Decoction warm, or with the oyl of Poppies, the green leaves or heads bruised and applied with a little Vineger, or made into a Pultis with Barley meal, or Hogs grease, it cooleth and tempereth all Inflammations, as also the disease called S. Anthonies fire. It is general y used in Treacle and Methridate, and in all other Medicines that are made to procure rest and sleep, and to ease pains in the head as well as in other parts, it is also used to cool Inflammations, Agues, or Phren-

Procures sleep Catarrhs and defluxions of rheums stayeth, hoarsness Flux of the belly and womens courses Inflammations and S. Anthonies fire.

Pains in the head, phrensies, Tooth-ach, falling-sickness, Plurisie, Surfets, Agues, and Inflammations.

Phrensies, and to stay Defluxions which cause a Cough, or Consumption, and also other Fluxes of the belly, or womens Courses; it is also put into hollow teeth to ease the pain, and hath been found by experience to ease the pain of the Gout.

The wilde Poppy, or Corn-Rose (as Mathiolus saith) is good to prevent the Falling-sickness. The Syrup made with the flowers is with good effect given to those that have the Plurisie; and the dried flowers also, either boyled in water, or made into Pouder and drunk, either in the distilled water of them, or in some other drink worketh the like effect. The distilled water of the flowers is held to be of much good use against Surfets, being drunk evening and morning; it is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Phrensies, and other Inflammations either inward or outward, the Syrup or water to be used therein, or the green leaves used outwardly, either in an Oyntment, as it is in Populeon, a cooling Oyntment, or any other ways applied. Galen saith, the Seed is dangerous to be used inwardly.

The Herb is Lunar, and of the juyce of it is made Opium, onely for lucre of money they cheat you, and tell you it is a kinde of Tear, or some such like thing that drops from Poppies when they weep, and that is some where beyond the Sea, I know not where, beyond the Moon.

Purslane.

Cooleth heat of bloud, in hot Agues, Chollerick Fluxes, Womens Courses, the whites and Gonorrhea, Distillations, phrensie, Heat of Urine, Lust and Venerious dreams; worms, vomiting

THe Garden Purslane (being used as a Sallet Herb) is so well known that it needeth no Description, I shall therefore onely speak of its Virtues, as followeth.

Virtues and Use. It is good to cool any heat in the Liver, bloud Reins, and stomach, and in hot Agues, nothing better, it stayeth hot and Chollerick Fluxes of the belly, womens Courses, the Whites, and Gonorrhea, or running of the Reins, the Distillations from the head, and pains therein proceeding of heat, want of sleep, or the Phrensie. The seed is more effectual than the Herb, and is of singular good use to cool the heat and sharpness of Urine, and the outragious lust of the body, Venerious dreams, and the like, insomuch that the over-frequent use hereof, extinguisheth the heat and Virtue of natural Procreation. The seed bruised and boyled in Wine and given to Children, expelleth the Worms. The juyce of the Herb is held as effectual to all the purposes aforesaid, as also to stay Vomitings; and taken with some Sugar, or Honey, helpeth an old and dry Cough, shortness of breath, and the Phrisick, and stayeth immoderate thirst. The distilled water of the Herb is used by many (as the more pleasing) with a little Sugar, to work the same effects.

The

The juyce alſo is ſingular good in the Inflammations and Ulcers of the ſecret parts in man or woman, as alſo of the Bowels and Hemorrhoids, when they are ulcerous, or Excoriations in them. The Herb bruiſed and applied to the Forehead and Temples, allayeth exceſſive heat therein, hindring reſt and ſleep, and applied to the eye, taketh away the redneſs and Inflammation in them, and thoſe other parts, where Puſhes, Wheals, Pimples, S. Anthonies fire, and the like break forth, eſpecially if a little Vineger be put to it: And being laid to the neck with as much of Galls and Linſeed together, taketh away the pains therein, and the Crick in the Neck. The juyce is uſed with the Oyl of Roſes for the ſaid cauſes, or for blaſtings by lightning, and burnings by Gun-Powder, or for Womens ſore breaſts, and to allay the heat in all other ſores, or hurts: applied alſo to the Navels of Children that ſtick forth, it helpeth them: It is alſo good for ſore mouths, and Gums that are ſwollen, to faſten looſe Teeth. Camerarius ſaith, That the diſtilled water uſed by ſome, took away the pain of their Teeth, when all other remedies failed, and that the thickned juyce made in Pills with the Powder of Gum Tragacanth, and Arabick being taken, prevaileth much to help thoſe that make a bloudy water. Applied to the Gout, it eaſeth pains thereof, and helpeth the hardneſs of ſinews, if it come not of the Cramp, or a cold cauſe.

It is an Herb of the Moon. Lettice.

old, dry Coughs, ſhort breath & phthiſick, Ulcers in the ſecret parts Redneſs of the eyes and Inflammations, Crick, or pain in the neck, Blaſtings by lightning, Burning by Gunpowder, Sore breaſts, childrens Navels, Sore mouths, and ſwollen Gums faſtneth Teeth, Tooth-ach, bloudy Urine, Gout, cramp and ſtiffneſs of the ſinews.

Primroſes.

THeſe are ſo well known that they need no Deſcription.

Of the leaves of Primroſes is made as fine a Salve to heal green wounds, as any is that I know: you ſhall be taught to make Salves of any Herb at the latter end of the book: make this as you are taught there: and do not (you that have any ingenuity in you) ſee your poor Neighbours go with wounded limbs when a half-penny coſt will heal them.

Privet.

Deſcription. OUr common Privet is carried up with many ſlender branches, to a reaſonable height and breadth, to cover Arbours, Bowers, and Banqueting houſes, and brought, wrought, and cut into many forms of Men, Horſes, Birds, &c. which though at firſt ſupported, groweth afterwards ſtrong of itſelf: It beareth long and narrow green leaves by couples, and ſweet ſmelling white flowers in tufts at the ends of the

London to make ſore

branches, which turn into small black Berries that have a purplish Juyce within them, and some seeds that are flat on the one side, with a hole, or dent therein

Place. It groweth in this Land in divers woods.

Time. Our Privet flowereth in June and July: The Berries are ripe in August and September.

Virtues and Use. It is little used in Physick with us in these times, more than in Lotions to wash sores, and sore mouths, and to cool Inflammations, and dry up Fluxes; yet Mathiolus saith, it serveth to all the uses for which Cyprus, or the East Privet, is appointed by Dioscorides and Galen. Be further saith, That the Oil that is made of the flowers of Privet infused therein, and set in the sun, is singular good for the Inflammations of wounds, & for the Head-ach coming of an hot cause. There is a sweet water also distilled from the flowers that is good for all those diseases that need cooling and drying, and therefore helpeth all Fluxes of the belly or stomach. Bloody Fluxes, and Womens Courses, being either drunk, or applied, so also for those that void blood at their mouth, or at any other place, and for distillations of Rheums into the eye, especially if it be used with Tutie.

Mouths and Throats, Cool Inflammations, Dry Fluxes, Inflammations in Wounds, head ach Fluxes, and womens courses, vading Blood, Rheums in the eys.

Queen of the Meadows, Meadow-sweet, or Mead-sweet.

Description. THe stalks of this are reddish rising to be three foot high, sometimes four or five foot, bearing at the joynts thereof large winged leaves standing one above another at distances, consisting of many and somewhat broad leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like to Elm-leaves, having also some smaller leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty fine scent and taste, somewhat like unto Burnet, and a leaf hereof put into a Cup of Claret wine giveth also a fine relish to it: At the tops of the stalks and branches stand many tufts of small white flowers, thrust thick together, which smell much sweeter than the leaves and in their places, being fallen come crooked and corned seed; The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the flowers and leaves, and perisheth not but abideth many years shooting forth a new every Spring.

Place. It groweth in moist Meadows that lie much wet, or near the courses of water.

Time. It flowereth in some place or other all the three Summer moneths, that is, June, July, and August, and their seed is ripe quickly after.

Vir-

Virtues and Use. It is used to stay all manner of bleedings, Fluxes, vomitings, and womens Courses and also their whites: it is said to alter and take away the fit of quartan Agues, and to make a merry heart: for which purpose some use the flowers, and some the Leaves. It helpeth speedily those that are troubled with the Chollick, being boiled in Wine; and with a little Honey taken warm it openeth the belly: but boiled in red wine and drunk, it stayeth the Flux of the belly. Being outwardly applied, it healeth old ulcers that are cankrous or eaten, or hollow or sinuous: for which it is by many much commended, as also for the sores in the mouth or secret parts.

bleedings, fluxes, vomiting womens courses, whites, quartan Agues, chollick, opens the belly, old ulcers, sore mouth, secrets, raise blisters, Inflammations in the Eye.

The Leaves when they are full grown being laid upon the skin, will in a short time raise blisters thereon, as Tragus saith. The water thereof helpeth the heat and inflammation in the eyes.

Venus claims dominion over the herb.

The Quince-tree.

Description. THe ordinary quince-tree groweth often to the height and bigness of a reasonable Apple-tree, but more usually lower, and crooked, with a rough Bark, spreading arms and branches far abroad. The Leaves are somewhat like those of the Apple tree, but thicker, harder, and fuller of veins, and white on the under side, not dented at all about the edges. The flowers are large and white, sometimes dashed over with a blush: the fruit that followeth is yellow, being near ripe, and covered with a white Frieze or Cotton thick set on the younger, and growing less as they grow to be through ripe, bunched out oftentimes in some places some being like an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sower, harsh, and of an unpleasant taste to eat fresh, but being scalded roasted, baked, or preserved, becometh more pleasant.

Place and Time. It best likes to grow near Ponds and water sides, and is frequent through this Land, and flowreth not until the Leaves be come forth. The fruit is ripe in September or October.

Virtues and Use. Quinces when they are green helps all sorts of Fluxes in man or woman, and cholerick Lasks, Castings, and whatsoever needeth astriction more than any way prepared by fire: yet the Syrup of the juyce, or the Conserve are much conducible, much of the binding quality being consumed by the fire: if a little Vineger be added, it stirreth up the languishing appetite and the stomach given to casting; some spices being added, it comforteth and strengtheneth the decayed and fainting spirits; and helpeth the Liver oppressed, that it cannot perfect the digestion, and correcteth choller and flegm. If you would have them purging, put Honey to them instead of Sugar;

Fluxes, lasks, &c. provokes appetite, stayeth vomiting, fainting spirits.

choller, flegm. and if more laxative, for Choller, Rubard; for flegm, Turbith; for watery humours, Scammony: but if more forcibly to binde, use the unripe Quinces with Roses and Acasia, or Hypocistis, and some torrified Rubard. To take of the crude juyce of quinces is held a preservative against the force of deadly poyson, for it hath been found most certain true, that the very smell of a quince hath taken away all the strength of the poyson of white Hellebore. If there be need of any outward binding and cooling of any hot fluxes; the Oyl of quinces, or other Medicines that may be made thereof are very available to anoint the belly, or other parts therewith: it likewise strengtheneth the stomach and belly, and the sinews that are loosened by sharp humours falling on them, and restraineth immoderate sweatings. The Mucelage taken from the seeds of quinces boiled a little in water, is very good to cool the heat, and heal the sore breasts of Women. The same with a little Sugar is good to lenifie the harshness and hoarseness of the throat, & roughness of the tongue. The Cotton or Down of quinces boiled and spoiled to Plague sores healeth them up; and laid as a Plaister made up with Wax, it bringeth hair to them that are bald, and keepeth it from falling if it be ready to shed.

women breasts. plague-sores. preserves hair.

Radish and Horse-Radish.

THe Garden-Radish is so well known that it needeth no description.

Description. The Horse Radish hath his first Leaves that rise before Winter, about a foot and a half long very much cut in or torn on the edges into many parts of a dark green colour, with a great Rib in the middle: after these have been up a while, others follow which are greater, rougher, broader, and longer, whole, and not divided as the first, but onely somewhat roundly dented about the edges: the stalk when it beareth flowers (which is but seldom) is great rising up with some few lesser Leaves thereon to three or four foot high, spreading at the top many small branches of whitish flowers, made of four Leaves a piece, after which come small pods like those of Shepherds-purse, but seldom with any seed in them. The root is great, long, white and rugged, shooting up divers heads of Leaves, which may be parted for increase, but it doth not creep within ground, nor run above ground, and is of a strong sharp and biting taste, almost like Mustard

Place It is found wilde in some places of this Land, but is chiefly planted in Gardens, where it joyeth in a moist and shadowy place.

Time It flowreth but seldom, but when it doth, it is in July.

Virtues and Use. The juyce of Horse-Radish given in drink is held to be very effectual for the Scurvy, it

scurvy,

killeth the worms in Children being drunk, and also laid upon the belly. The Root bruised and laid to the place grieved with the Sciatica, Joynt-ach, or the hard swellings of the Liver and Spleen, doth wonderfully help them all. The distilled water of the herb and roots is more familiar to be taken with a little Sugar for all the purposes aforesaid. *Worms, Sciatica, Liver, Spleen,*

Garden Radishes are in wantonness by the Gentry eaten as Sallet, but they breed but scurvy humours in the stomach, and corrupt the bloud: and then send for a Physician as fast as you can; this is one cause makes the owners of such bice, alwes so unhealthfull, yet for such as are troubled with the gravel, stone, or stoppage of urine, they are good. Physick if the body be strong that takes them, you may make the juyce of the Roots into a Syrup, if you please for that use, they purge by urine exceedingly. *Stone, difficulty*

I know not what Planet they are under, I think none of all the seven will own them.

Rag wort.

Descript. THe greater common Rag-wort hath many large and long dark green leaves lying on the ground very much rent and torn on the sides into many peices; from among which rise up sometimes but one, and sometimes two or three square, or cornered blackish or brownish stalks, three or four foot high, sometimes branched, bearing divers such like leaves upon them at severall distances unto the top, where it brancheth forth into many stalks bearing yellow flowers, consisting of divers Leaves, set as a Pale or Border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into Down, and with the small blackish gray seed are carried away with the wind. The Root is made of many fibres, whereby it is firmly fastned into the ground, and abideth many years.

There is another sort hereof different from the former onely in this that it riseth not so high, the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the flowers usually paler

Place. They grow both of them wilde in pastures, and untilled grounds in many places, and oftentimes both of them in one field. *Sore mouth or throat*

Time. They flower in June and July, and the seed is ripe in August. *swellings*

Virtues and Use. Rag-wort cleanseth, digesteth, and discusseth. The Decoction of the herb to wash the mouth or throat that have Ulcers or sores therein, and for swellings, hardness, or impostumations, for it throughly cleanseth and healeth them; as also the quinsie and the Kings Evil: it helpeth to stay Catarrhs, thin rheums and defluxions from the head into the Eyes, Nose, or Lungs. The juyce is found by experi- *impostumations quinsie, Kings Evil, catarrhs, distillation*

Green wounds, ulcers, in the privities running cankers, hollow fistulaes, aches & pains, sciatica.

ence to be singular good to heal green wounds, and to cleanse and heal all old and filthy ulcers in the privities, and in the other parts of the body; as also inward wounds and ulcers, and stayeth the malignity of fretting and running Cankers and hollowish fistulaes, not suffering them to spread further. It is also much commended to help aches and pains either in the fleshy parts or in the nerves and sinews, as also the Sciatica, or pain of the hips or buckle-bone, to bath the places with the decoction of the herb, or to anoint them with an Ointment made of the herb bruised and boiled in old Hogs Suet, with some Mastich and Olibanum in pouder added unto it after it is strained forth.

In Sussex we call it Rag-weed.

Rattle-grass.

OF this there are two kindes, which I shall speak of, viz. the red and yellow.

Description. The common red Rattle, hath sundry reddish hollow stalks, and sometimes green rising from the Root, lying for the most part on the ground, yet some growing more upright, with many small reddish or greenish Leaves set on both sides of a middle Rib finely dented about the edges: the flowers stand at the tops of the stalks and branches, of a fine purplish red colour, like small gaping hoods, after which come flat blackish seeds in small husks, which lying loose therein will rattle with shaking. The Root consists of two or three small whitish strings, with some fibres thereat.

The common yellow Rattle hath seldom above one round green stalk rising from the Root about half a yard or two foot high, and but few branches thereon, having two long and somewhat broad Leaves set at a joynt, deeply cut in on the edges resembling the Comb of a Cock, broadest next to the stalk, and smaller to the end: the flowers grow at the tops of the stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour in most, or in some paler, and in some more white. The seed is contained in large husks, and being ripe will rattle or make a noise with lying loose in them. The Root is small and slender perishing every year.

Place. They grow in our meadows and woods generally through this Land.

Fistulaes hollow ulcers, womens courses, Fluxes, tough dimness of sight.

Time. They are in flower, from mid-summer until August be past sometimes.

Virtues and Use. The red Rattle is accounted profitable to heal up fistulaes and hollow ulcers, and to stay the flux of humours to them, as also the abundance of womens Courses, or any other flux of bloud, being boiled in red wine and drunk.

Yellow Rattle or Cocks Comb is held to be good for those that are troubled with a Cour[illegible] with dimness

of sight, if the herb being boiled with Beans and some Honey put thereto, be drunk, or dropped into the eys. The whole seed being put into the eys draweth forth any skin, dimness, or film from the sight without trouble or pain.

Rest-Harrow, or Gammoak.

Descr. THe common Rest-Harrow riseth up with diption. vers rough woody twigs, half a yard, or a yard high, set at the joynts without order, with a little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without thorns while they are young, but afterwards armed in sundry places with short and sharp thorns. The flowers come forth at the tops of the twigs and branches, whereof it is full, fashioned like Pease, or Broom-blossoms, but lesser, flatter and somewhat closer, of a faint purplish colour; after which come small pods, containing small, flat, and round seed; the Root is blackish on the outside, and whitish within, very tough and hard to break when it is fresh and green, and as hard again when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again, if it be left in the ground.

Place. It groweth in many places of this Land, as well in the arable as waste ground

Time. It flowreth about the beginning or middle of July, and the seed is ripe in August.

Virtues and Use. It is singular good to provoke urine when it is stopped, and to break and drive forth the stone, which the pouder of bark of the Root taken in Wine performeth effectually. Matthiolus saith, the same helpeth the disease called Hernia Carnosa, the fleshy rupture, by taking the said pouder for some moneths together constantly; and that it hath cured some which seemed incurable by any other means than by cutting or burning. The Decoction thereof made with some Vinegar and gargled in the mouth, easeth the Tooth-ach, especially when it comes of rheum; and the said Decoction is very powerful to open Obstructions of the Liver and Spleen and other parts. A distilled water made in (Balneo Mariae) with four pound of the roots thereof first sliced small, and afterwards steeped in a Gallon of Canary wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the urine. The pouder of the said Root made into an Electuary or Lozenges with Sugar: as also the Bark of the fresh roots boiled tender, and afterwards beaten into a Conserve with Sugar, worketh the like effect. The pouder of the roots strewed upon the brims of ulcers mixed with any other convenient thing, and applied consumeth the hardness, and causeth them to heal the better.

Wine stoppeth Stone, fleshy rupture.

tooth-ach

obstructions Liver, spleen.

Rocket.

IN regard the Garden-Rocket is rather used as a Sallet-herb than to any physical purposes, I shall omit it, and only speak of the common wilde Rocket; the description thereof take as followeth.

Description. The common wilde Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides of the middle rib, than the Garden kindes have, of a sad over-worn green colour; from among which riseth up divers stiff stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them made of four Leaves a piece, as the others are, which afterwards yield small reddish seed, in small long pods, of a more bitter and hot biting taste than the Garden kindes, as the Leaves are also.

Place. It is found wilde in divers places of this Land.

Time. It flowreth about June and July, and the seed is ripe in August.

Increase sperm & venery, helpeth digestion, provokes urine, biting of Serpents, & c. cough in children, increase milk, cleanseth the face, scars, blue spots, marks of small pox

Vertues and Use. The wilde Rocket is more strong and effectual to increase Sperm and venereous qualities, whereunto also the seed is more effectual than the Garden kindes: he serveth also to help digestion, and provoketh urine exceedingly. The seed is used to cure the bitings of Serpents, the Scorpion, and the Shrew-Mouse, and other poysons, and expelleth worms and other noysom creatures that breed in the body. The herb boiled or stewed, and some Sugar put thereto, helpeth the Cough in Children being taken often. The seed also taken in drink taketh away the ill scent of armpits increaseth milk in Nurses, and weaketh the Spleen. The seed mixed with Honey, and used on the face cleanseth the skin from spots, morphew, and other discolouring therein: and used with Vineger taketh away freckles and redness in the face or other parts and with the Gall of an Ox it amendeth foul sores, blast and blue spots, and the marks of the small Pox.

The wilde Rockets are forbidden to be used alone, in regard their sharpness fumeth into the head, causeth ach and pain therein, and are no less hurtful to hot and choleriek persons, for fear of inflaming their blood: and therefore for such we may say, a little doth but a little harm. For angry Mars rules them, and he sometimes will be testy when he meets with Fools.

Winter Rocket, or Cresses.

Description. WInter Rocket, or Winter Cresses, hath divers somewhat large and green Leaves lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket, or Turnep Leaves with smaller pieces

pieces next the bottom and broad at the ends, which so abide all Winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers small round stalks full of branches bearing many small yellow flowers of four leaves apiece after which come small long Pods with reddish Seed in them. The Root is somewhat stringy, and perisheth every year after the Seed is ripe.

Place. It groweth of its own accord in Gardens and Fields by the way sides in divers places, and particularly in the next Pasture to the Conduit Head behinde Grays Inn that brings water to Mr. Lambs Conduit in Holbourn.

Time. It flowereth in May, seedeth in June, and then perisheth.

Vertues and Use. This is profitable to provoke Urine, and helpeth the Strangury and to expell Gravel and the Stone; It is also of good effect in the Scurvy: It is found by experience to be a singular good Wound Herb, to cleanse inward Wounds, the juyce, or decoction being drunk, or outwardly applied to wash foul Ulcers and Sores cleansing them by sharpness and binding, or abating the dead flesh from growing therein, and healing them by the drying quality. *Strangury, Gravel & Scurvy. Wounds, ulcers & Sores.*

Roses.

I Hold it altogether needless to trouble the Reader with a Description of any of these, since both the Garden Roses and the Wilde Roses of the Bryars are well enough known. Take therefore the Vertues of them as followeth: And first I shall begin with the Garden kinds.

Vertues and Use. The white and the red Roses are cooling and drying, yet the white is taken to exceed the red in both those properties, but is seldom used inwardly in any Medicine. The bitterness in the Rose when they are fresh, especially the juyce purgeth Choller, and watery humours, but being dried and that heat which caused the bitterness being consumed, they have then a binding and astringent quality; Those also that are not full blown do both cool and binde more than those that are full blown, and the white Roses more than the red. The Decoction of the red Roses made with Wine and used, is very good for the Head-ach and pains in the Eys, Ears, Throat, and Gums, as also for the Fundament the lower Bowels, and the Matrix being bathed or put into them. The same decoction with the Roses remaining in it is profitably applied to the Region of the heart to ease the Inflammation therein: as also S. Anthonies fire, and other diseases of the stomach. Being dried and beaten to powder, and taken in sacked wine, or water, it helpeth to stay Womens Courses. The yellow threds in the middle of the red Roses (which *Choller and watrish humours, head ach. Pains in the Ears, Eys Throat & Gums. Fundament bowels & Matrix. S Anthonies fire.*

Stomach, Womens Courses Dejection, fastneth Teeth. Lask and Spitting of blood Heat and Inflammations, Rest and sleep. whites & reds in women, Choller & flegm, Redness and watering of the Eyes.

(which are erroniously called the Ros seeds) being powdered and drunk in the distilled water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squills added thereto, the heads with Seed being used in powder, or in a decoction stayeth the Lask, and spitting of blood. Red Roses do strengthen the heart, the stomach, and the Liver, and the retentive Faculties they mitigate the pains that arise from heat, assuage Inflammations, procure rest and sleep, stay both whites and reds in Women, the Gonorrhea, running of the Reins, and the Fluxes of the belly. The juyce of them doth purge and cleanse the body from Choller and Flegm: The Husks of the Roses with the beards and nails of the Roses are binding and cooling, and the distilled water of either of them is good for the heat and redness in the eys, and to stay and dry up the Rheums and watering of them. Of the red Roses are usually made many compositions all serving to sundry good uses, viz. Electuary of Roses, Conserve both moist and dry, which is more usually called Sugar of Roses; Syrup of dried Roses and Honey of Roses; The Cordial pouder called Diarhodon Abbatis, and Aromatica Rosarum. The distilled water of Roses Vineger of Roses oyntment and Oyl of Roses, and the Rose leaves dried, which although no composition, yet of very great use and effect. To write at large of every one of these would make my book swell too big, it being sufficient for a Volum by it self to speak fully of them: But briefly; The Electuary is purging, whereof two or three drams taken by it self in some convenient liquor, is a purge sufficient for a weak constitution; but may be increased to six drams according to the strength of the Patient. It purgeth Choller without trouble, and is good in hot Feavers and pains of the head, arising from hot Chollerick humours and heat in the eys, the Jaundice also, and joynt Aches proceeding of hot humours. The moist Conserve is of much use, both binding and Cordial, for until it be about two years old it is more binding than Cordial, and after that, more Cordial than binding: Some of the younger Conserve taken with Methridatum mixed together, is good for those that are troubled with distillation of Rheum from the brain to the nose, and defluxions of Rheum into the eys, as also for Fluxes, and Lasks of the belly; and being mixed with the pouder of Mastick is very good for the running of Reins, and for other looseness of humours in the body. The old Conserve mixed with Aromaticum Rosarum is a very good Cordial against fainings swoonings, weakness and tremblings of the heart, strengthning both it, and a weak stomach, helpeth digestion stayeth casting, and is a very good preservative in the time of infection. The dry Conserve which is called

A purge for choller, hot feavers, Pains of the head Heat of the Eyes, Jaundice, & joynt-aches Distillations and Defluxions of Rheum. Fluxes & Lasks

called Sugar of Roses, is a very good Cordial to strengthen the heart and spirits; as also to stay defluxions. The Syrup of dried red Roses strengtheneth a stomach given to casting, cooling an over-heated Liver, and the bloud in Agues, comforteth the heart, and resisteth putrefaction and infection, and helpeth to stay Lasks and Fluxes. Honey of Roses is much used in gargles and Lotions to wash Sores either in the Mouth, Throat, or other parts, both to cleanse and heal them; and to stay the Fluxes of humours falling upon them; it is also used in Clysters both to cool and cleanse. The Cordial powders called Diarhodon Abbatis, and Aromaticum Rosarum do comfort, and strengthen the heart and stomach, procure an Appetite, help digestion, stayeth vomitings, and is very good for those that have slippery bowels to strengthen them, and to dry up their moisture. Red Rose-water is of well known and familiar use in all occasions (and better than Damask Rose-water) being cooling and Cordial, refreshing and quickning the weak and faint spirits, used either in meats, or broths, to wash the Temples, or to smell to at the Nose; or to smell the sweet vapours thereof out of a perfuming pot, or cast on a hot Fire-shovel: It is also of much good use against the redness, and inflammations in the eys to bath them therewith; and the Temples of the head also against pain and ache, for which purpose also Vineger of Roses is of much good use, and to procure rest and sleep, if some thereof and Rose-water together be used to smell unto, or the Nose and Temples moistned therewith, but more usually to moisten a piece of red Rose Cake cut fit for the purpose, and heated between a double folded cloth, with a little beaten Nutmeg and Poppy seed, strewed on the side that must lye next to the forehead and Temples, and so bound thereto for all night. The Ointment of Roses is much used against heat and inflammations in the head, to anoint the forehead and Temples, and being mixed with Unguentum Populeon, to procure rest; as also it is used for the heat of the Livers, of the back and Reins, and to cool and heal Pushes, Wheals and other red pimples rising in the face, or other parts. Oyl of Roses is not onely used by it self to cool any hot swellings, or Inflammations, and to binde and stay fluxes of humours unto sores, but is also put into Oyntments and Plaisters that are cooling and binding, and restraining the flux of humours. The dried Leaves of the red Roses are used both inward and outwardly, both cooling, binding, and Cordial, for with them are made both Aromaticum Rosarum, Diarhodon Abbatis, and Saccharum Rosarum, each of whose properties are before declared. Rose Leaves and Mints heated and applied outwardly to the stomach, stayeth castings, and very much strengtheneth a weak stomach, and applied as a Fomentation to the Region of the Liver and Heart, doth much cool and temper them, and also serveth instead of a rose Cake (as is said

running of the Reins, Faintings, Swoonings and trembling of the heart, helpeth digestion, stayeth castings, infections, cooleth a Liver, & bloud, resist the putrefaction and Infection, Sore mouths, Throats, &c. comfort the heart and stomach, stay vomitings, Faint spirits, redness of Eys, Procure sleep, Heat of the liver Back and Reins, Pushes, Wheals, and Pimples, Fluxes of humours, Weak stomach.

said before) to quiet the over hot spirits, and cause rest and sleep. The Syrup of Damask Roses is both simple and compound, and made with Agrick. The simple Solutive Syrup is of a familiar, safe, gentle, and easie Medicine purging Choller, taken from one ounce to three or four; yet this is remarkable herein That the distilled water of this Syrup should notably binde the belly; The Syrup with Agrick is more strong and effectual, for one ounce thereof by it self will open the body more than the other, and worketh as much on Flegm as Choller. The compound Syrup is more forcible in working on Melanchollick humours, and available against the Lepry, Itch, Tetters &c and the French disease: Also Honey of Roses Solutive is made of the same infusion that the Syrup is made of, and therefore worketh the same effect both in opening and purging, but is oftner given to Flegmatick than Chollerick persons, and is more used in Clysters than in Potions, as the Syrup made with Sugar is. The Conserve and preserved leaves of these Roses are also operative, in gently opening the belly. The simple water of the Damask Roses is chiefly used for sumes to sweeten things, as the dried leaves thereof to make sweet pouders, and fill sweet bags, and little use they are put to in Physick, although they have some purging quality; The wilde Roses also are few, or none of them used in Physick, but yet are generally held to come near the nature of the Manured Roses. The fruit of the wilde Bryar which are called Heps, being throughly ripe and made into a Conserve with Sugar besides the pleasantness of the taste doth gently binde the belly, and stay Defluxion from the head upon the stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Heps dried unto a hard consistence, like to the juyce of Liquoris, or so dried that it may be made into pouder and taken in drink stayeth speedily the Whites in Women The Bryar ball is often used being made into pouder and drunk to break the stone, to provoke Urine when it is stopped, and to ease and help the Chollick; some appoint it to be burnt, and then taken for the same purpose. In the middle of these balls are often found certain white Worms, which being dried and made into pouder and some of it drunk is found by experience of many to kill and drive forth the worms of the belly.

Purge choller, Binde the belly, Melan chollick humours, Lepry itch Tetters, French, Pox, Opens the Belly.

Binde the Belly, and stay Defluxions, whites in women, Stone, provoke Urine, chollick, worms.

What a quarter have Authours made with Roses, what a racket have they kept? I shall add, red Roses are under Jupiter, Damask under Venus, and white under the Moon, and Province under the King o France.

Rosa Solis, or Sun-dew.

Description. This hath divers small round hollow leaves, somewhat greenish; but full of certain red hairs

hairs, which makes them seem red, every one standing upon its own foottalk, reddish hairy likewise. The leaves are continually moist in the hottest day, yea the hotter the Sun shines on them the moister they are, with a certain fluminess that will rope, (as we say) the small hairs always holding this moisture: among these leaves rise up small slender stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the flowers, after which in the heads are certain small Seeds, the Root is a few small hairs.

Place. It groweth usually on bogs, and in wet places, and sometimes in moist Woods.

Time. It flowereth in June, and then the leaves are fittest to be gathered.

Virtues and Use. Rosa Solis is accounted good to help those that have salt Rheum distilling on their Lungs, which breedeth a Consumption, and therefore the distilled water thereof in Wine is held fit and profitable for such to drink, which water will be of a gold yellow colour: The same water is held to be good for all other diseases of the Lungs, as Phthisicks, Wheesing, shortness of breath, or the Cough; as also to heal the ulcers that happen in the Lungs, and it comforteth the heart and fainting spirits, the leaves outwardly applied to the skin will raise Blisters, which hath caused some to think it dangerous to be taken inward; but there are other things which will also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual drink made hereof with Aqua-vitæ, and Spices frequently, and without any offence or danger, but to good purpose used in qualms and passions of the Heart.

Distillations of Rheum, Phthisick, wheesing, Shortness of breath, Cough, Ulcers in the Lungs, comfort the heart, Raise blisters, Passions of the heart.

The Sun rules it, and it is under the sign Cancer.

Rosemary.

OUr Garden Rosemary is so well known, that I need not here describe it.

Time. It flowereth in April and May with us, and sometimes again in August.

Virtues and Use. It is an Herb of as great use with us in these dayes, as any whatsoever, not onely for Physical but Civil purposes. The Physical use of it (being my present task) is very much, both for inward and outward diseases; For by the warming and comforting heat thereof it helpeth all cold diseases, both of the head, stomach, liver, and belly. The decoction thereof in Wine helpeth the cold Distillations of Rheum into the eyes, and all other cold diseases of the head and brain, as the giddiness, or swimming therein, drowsiness, or dulness of the minde and senses, like a stupidness, the dumb Palsey, or loss of speech, the Lethargy, and Falling-sickness, to be both drunk and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rheum falling into them, or by putre-

cold diseases, Rheum, Swimming of the head, Drowsiness, Stupidity,

Dumb Palsy, Lethargy and Falling sickness, Tooth-ach, Stinking breath, Weak memory, Stomach, Retention of urine, Wind, Liver-grown, Dim sight, Yellow Jaundice, Pestilence, Whites in women, Cough, Phthisick, or Consumption, Bruises, Joynts,

putrefaction causing an evil smell from them, or a stinking breath. It helpeth a weak Memory, and quickneth the senses. It is very comfortable to the stomach in all the cold griefs thereof, helping both retention of meat, and digestion: the decoction, or pouder being taken in Wine: It is a remedy for the windiness in the stomach, or bowels, and expelleth it powerfully, as also winde in the Spleen. It helpeth those that are Liver-grown, by opening the obstructions thereof. It helpeth dim eyes, and procureth a clear sight, the flowers thereof being taken all the while it is flowering, every morning fasting with bread and salt. Both Dioscorides and Galen say, That if a decoction be made thereof with water, and they that have the yellow Jaundice do exercise their bodies presently after the taking thereof, it will certainly cure it: the flowers and the Conserve made of them, is singular good to comfort the heart, and to expell the contagion of the Pestilence; to burn the Herb in Houses and Chambers correcteth the air in them: Both the flowers and the leaves are very profitable for Women that are troubled with the Whites, if they be duly taken. The dried leaves shred small and taken in a Pipe like as Tobacco is taken, helpeth those that have any Cough, or Phthick, or Consumption, by warming and drying the thin distillations which cause those diseases. The leaves are much used in bathings, and made into oyntments, or Oyls, is singular good to help cold benummed Joynts, Sinews, or Members. The Chimical Oyl drawn from the leaves and flowers, is a sovereign help for all the diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the diseases of the head and brains spoken of before; as also to take a drop, two or three as the cause requireth for the inward griefs, yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by insolation in this manner: Take what quantity you will of the flowers, and put them into a strong glass close stopped, tie a fine linnen cloath over the Mouth, and turn the mouth down into another strong glass, which being set in the Sun, an Oyl will distill down into the lower glass, to be preserved as precious for divers uses, both inward and outward as a sovereign Balm to heal the diseases before mentioned, to clear a dim sight, and to take away spots, marks and scars in the skin.

Spots and Scars in the skin.

The Sun claims priviledge in it, and it is under the celestial Ram.

Rubarb, or Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English simples; for though the name

name may speak it Forreign, yet it grows with us in England, and that frequent enough in our Gardens and when you have throughly perused its Virtues, you will conclude it nothing inferior to that which is brought us out of China, and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by fame of this: Take therefore a Description at large of it, as follow'th.

Description. At the first appearing out of the ground when the Winter is past, it hath a great round brownish head rising from the middle, or sides of the Root, which openeth it self into sundry leaves one after another very much crumpled, or folded together at the first, and brownish, but afterward it spreadeth it self and becometh smooth very large and almost round, every one standing on a brownish stalk of the thickness of a mans thumb, when they are grown to their fulness, and most of them two foot and more in length, especially when they grow in any moist, or good ground; and the stalk of the leaf also from the bottom thereof to the leaf it self, being also two foot; the breadth thereof from edge to edge in the broadest place, being also two foot, of a sad or dark green colour, of a fine tart or sowrish taste, much more pleasant than the Garden, or Wood sorrel. From among these riseth up some but not every year, a strong thick stalk, not growing so high as the Patience, or Garden Dock, with such like leaves as grow below, but smaller, at every joint up to the top, and a rung the flowers which are white, spreading forth into many branches, and consisting of five or six small white leaves apiece, hardly to be discerned from the white threds in the middle, and seeming to be all three's, after which come brownish three square Seed like unto other Docks, but larger wherby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading branches from it, of a dark, brownish, or reddish colour on the outside, with a pale yellow skin under it which covereth the inner substance of the Root, which rinde and skin being pared away, the Root appeareth of so fresh and lively a colour, with vein-coloured veins running through it, that the choicest of that Rubarb that is brought us from beyond the Seas cannot excell it: which Root if it be dried carefully and as it ought (which must be in our Countrey by the gentle heat of a fire in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh, and hath been approved of and commended by those who have oftentimes used them.

Place. It groweth in Gardens, and flowereth about the beginning, or middle of June, and the Seed is ripe in July.

Time. The Roots that are to be dried and kept all

the year following, are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not until the middle or end of October; and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the Roots will not have half ſo good a colour in them.

I have given the precedence unto this, becauſe in virtues alſo it hath the preheminence; I come now to deſcribe unto you that which is called Patience, or Monks Rubarb, and next unto that, the great round leaved Dock, or Baſtard Rubarb; for the one of theſe may happily ſupply in the abſence of the other; being not much unlike in their virtues, onely one more powerfull and efficacious than the other; and laſtly, ſhall ſhew you the virtues of all the three ſorts.

Garden Patience, or Monks Rubarb.

Deſcription. THis is a Dock, bearing the name of Rubarb, for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green leaves, not dented at all; the tops of the ſtalks being divided into many ſmall branches, bear reddiſh, or purpliſh flowers, and three ſquare Seed like unto other Docks. The Root is long, great and yellow like unto the wilde Docks, but a little redder, and if it be a little dried ſheweth leſs ſtore of diſcoloured veins, than the next doth when it is dry.

Great round leaved Dock, or Baſtard Rubarb.

Deſcription. THis hath divers large, round, thin, yellowiſh green leaves, riſing from the Root, a little waved about the edges, every one ſtanding on a reaſonable thick, and long brownish foot-ſtalk; from among which, riſeth up a pretty big ſtalk about two foot high, with ſome ſuch like leaves growing thereon, but ſmaller. At the top whereof ſtand in a long ſpike many ſmall brownish flowers, which turn into hard three ſquare ſhining brown Seed, like the Garden Patience before deſcribed. This Root groweth greater than that, with many branches, or great fibres thereat, yellow on the outſide, and ſomewhat pale yellow within, with ſome diſcoloured veins like to the Rubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.

Place and Time. Theſe alſo grow in Gardens, and flower and Seed at, or near the ſame time that our true Rubarb doth, viz. they flower in June, and the Seed is ripe in July.

Virtues and uſe. A dram of the dried Root of Monks Rubarb, with a ſcruple of Ginger made into

powder

pouder and taken fasting in a draught, or mess of warm broth, purgeth Choller and Flegm downward very gently, and safely without danger: The Seed thereof contrarily doth binde the belly, and helpeth to stay any sort of Lask, or bloudy Flux. The distilled water thereof is very profitably used to heal Scabs, as also foul ulcerous Sores, and to allay the Inflammations of them: The juyce of the leaves, or Roots, or the decoction of them in Vineger is used as a most effectual remedy to heal Scabs and running Sores.

Purge choller, and Flegm, stay lasks and bloudy flux, Scabs, and Ulcerous sores, running sores, Pains of the ears, Tooth-ach, Jaundice, Pains of the Stomach, and loathing of meat, Kings Evil, Stone, Urine, and sight, Liver, & bloud, Choller, & Flegm, Obstructions, Jaundice, Dropsie, Spleen, Agues, Pains of the sides, and spitting of bloud, running of the Reins, Swellings in the head, Sciatica, Gout, Cramp.

The Bastard Rubarb hath all the properties of the Monks Rubarb, but more effectual for both inward and outward diseases. The decoction thereof with Vineger cropped into the ears, taketh away the pains: gargled in the mouth, taketh away Tooth-ach and being drunk healeth the Jaundice. The Seed thereof taken easeth the gnawing and griping pains of the stomach, and taketh away the loathing thereof unto meat: The Root thereof helpeth the ruggedness of the Nails, and being boyled in Wine helpeth the swellings of the Throat, commonly called the Kings Evil, as also the swellings of the Kernels of the ears: It helpeth them that are troubled with the stone; provoketh Urine, and helpeth the dimness of the sight. The Roots of this Bastard Rubarb are used in opening and purging diet-drinks with other things, to open the Liver, and to cleanse and cool the bloud.

The properties of that which is called the English Rubarb are the same with the former, but much more effectual, and hath all the properties of the true Indian Rubarb, except the force in purging, wherein it is but of half the strength thereof, and therefore a double quantity must be used: it likewise hath not that bitterness and astriction; in other things it worketh almost in an equal quality, which are these: It purgeth the body of Choller and Flegm, being either taken of itself, made into pouder and drunk in a draught of white Wine, or steeped therein all night and taken fasting, or put among other purgers, as shall be thought convenient, cleansing the stomach, Liver, and bloud, opening Obstructions, and helping those griefs that come thereof; as the Jaundice, Dropsie, swelling of the Spleen, Tertian and day Agues, and the pricking pain of the sides, and also it stayeth spitting of bloud. The pouder taken with Cassia dissolved, and a little washed Venice Turpentine, cleanseth the Reins and strengthneth them afterwards, and is very effectual to stay the running of the Reins, or Gonorrhea. It is also given for the pains and swellings in the head, for those that are troubled with Melancholly, and helpeth the Sciatica, the Gout, and the Cramp. The pouder of Rubarb taken with a little Mummia and Madder Roots in some red Wine, dissolveth clotted bloud in the body, happing by any fall or bruise, and healeth burstings and broken parts as well inward as outward: The Oyl likewise wherein it hath been boyled, worketh the like

Clotted bloud, ulcers in the eys or ey-lids. swelling, inflammations black and blue spots, purge Liver & Stomach.

effects, being anointed. It is used to heal those ulcers that happen in the eys and ey-lids, being steeped and strained; as also to asswage the swellings and inflammation; and applied with Honey, or boiled Wine, it taketh away all black and blue spots or marks that happen therein. Whey or white Wine are the best Liquours to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the stomach and Liver, Many do use a little Indian Spiknard as the best correster thereof.

Mars claims predominancy over all these wholesome herbs, you cry out upon him for an infortune, when God created him for your good (onely he is angry with fools) what dishonour is this, not to Mars, but to God himself.

Meadow-Rue.

Descri-ption. THis riseth up with a yellow stringy Root, much spreading in the ground, and shooting forth new sprouts round about, with many herby green stalks two foot high, crested all the length of them, set with joynts here and there, and many large Leaves on them as well as below, being divided into smaller Leaves, nicked or dented in the fore-part of them, of a sad green colour on the upper-side, and pale green underneath; toward the top of the stalk there shooteth forth divers short branches, on every one thereof there stand two, three, or four small round heads or buttons, which breaking the skin that incloseth them shew forth a tuft of pale greenish yellow threds, which falling away there comes in their places small three-cornered Cods, wherein is contained small, long, and round seed. The whole plant hath a strong unpleasant scent.

Place. It groweth in many places of this Land; in the borders of moist meadows, and by ditch-sides.

Time. It flowreth about July, or the beginning of August.

old sores, open the body, lice and vermins, plague, Jaundice.

Virtues and Use. Dioscorides saith, that the herb bruised and applied perfectly healeth old sores: and the distilled water of the herb and flowers doth the like. It is used by some among other Pot-herbs to open the body and make it soluble; but the Roots washed clean, and boiled in Ale and drunk provoketh to the stool more than the Leaves, but yet very gently. The Root boiled in water, and the places of the body most troubled with Vermine or Lice, washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as Camerarius saith.

Garden

Garden-Rue.

THis is so well known, both by this name, and the name Herb of Grace, that I shall not need to write you any further description of it, but shall only shew you the virtues of it as followeth.

Virtues and Use. It provoketh urine, and womens courses, being either taken in meat or drink. The seed thereof taken in Wine is an Antidote against all dangerous medicines, or deadly poysons. The Leaves taken either by themselves, or with Figs or Walnuts is called Methridates his Counter-poyson against the Plague, and causeth all venomous things to become harmless: being often taken in meat or drink it abateth vehery, and destroyeth the ability to beget children. A decoction made thereof with some dried Dill-Leaves and flowers, easeth all pains and torments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk helpeth the pains both of the cheft and sides, as also coughs, hardness of breathing, the inflammation of the Lungs, and the tormenting pains of the Sciatica, and the joynts being anointed or laid to the places, as also the shaking fits of Agues, to take a draught before the fit come: being boiled or infused in Oyl it is good to help the wind-chollick, the hardness or windiness of the Mother, and freeth women from the strangling or suffocation thereof, if the Share and the parts thereabouts be anointed therewith: it killeth and driveth forth the worms of the belly, if it be drunk after it is boiled in Wine to the half with a little Honey: it helpeth the Gout or pains in the joynts of hands, feet, or knees, applied thereunto: and with figs it helpeth the Dropsie being bathed therewith: being bruised and put into the nostrils it stayeth the bleeding thereof. It helpeth the swelling of the Gods if they be bathed with a decoction of Rue and Bay-leaves. It taketh away wheals and pimples if being bruised with a few Myrtle-leaves, if it be made up with Wax, & applied: it cureth the Morphew, and taketh away all sorts of warts, if boiled in Wine with some Pepper and Nitre, and the places rubbed therewith: & with Allum & Honey: helpeth the dry Scab or any Tetter or Ring-worm: the juice thereof warmed in a Pomegranate shell or rinde, and dropped into the Ears helpeth the pains of them. The juyce of it and Fennel, with a little Honey, and the Gaul of a Cock put thereto, helpeth the dimness of the ey-sight. An Ointment made of the juyce thereof with Oyl of Roses, Ceruss, and a little Vinegar, and anointed, cureth St. Anthonies fire, and all foul running sores in the head, and the stinking ulcers of the Nose, or other parts. The Antidote used by Methridates every morning fasting to secure himself from any poyson or infection, was this. Take twenty Leaves of Rue, a little Salt, a couple of Walnuts, and a couple of figs beaten together into a Mass with

Urine, womens Courses, poyson, plague, abate venery, pains of the cheft and sides, cough, hard breathing, Sciatica, joynt-aches, agues, wind-chollick, mother, worms, Gout, dropsie, bleeding, swellings of the eyes, wheals, pimples, morphew, warts, scabs, tetters, ring-worm, pains of the Ears, dim sight, S. Anthonies fire, running sores of the head, ulcers of the nose.

twenty Juniper berries, which is the quantity appointed for every day. Another Electuary is made thus; Take of Nutre, Pepper, and Cummin-seed, of each equal parts, of the Leaves of Rue clean picked, as much in weight as all the other three weighed, beat them well together and put as much Honey as will make it up into an Electuary; (but you must first steep your Cummin-seed in Vinegar twenty four hours, and then dry it or rather toast it in a hot fire-shovel, or in an Oven) and it is a remedy for the pains and griefs of the chest or stomach of the spleen, belly, or sides, by winde or stitches, of the Liver by Obstructions, of the reins and bladder by the stopping of urine, and helpeth also to extenuate fat corpulent bodies.

What an infamy is cast upon the name of Mithridates (or Mithridates, as the Anglitanes) reade his name by unworthy people; they that deserve no good report themselves, love to give none to others, viz. that that renowned King of Pontus fortified his body by poysons against poyson (He cast out Devils by Beelzebub the Prince of Devils) what a sot is he that knows not if he had accustomed his body to cold poysons hot poysons would have dispatched him, or the contrary if not, cold poysons would have done it; the whole world is at this very time beholding to him for his studies in Physick, and he that useth the quantity of but a Hazel-nut of that Receipt every morning, to which his name is adjoyned it all to admiration preserve his body in health, if he do but consider that Rue is an herb of the Sun, and under Leo, and gather it and the rest accordingly.

Rupture-wort.

Descri-ption. THis spreadeth very many thredy branches round about upon the ground, about a span long, divided into many other smaller parts, full of small joynts set very thick together, wherein come forth two very small Leaves of a fresh yellow-ish green colour, branches and all, where groweth forth also a number of exceeding small yellowish flowers, scarce to be discerned from the stalks and leaves, which turn into seed as small as the very dust: the Root is very long and small, thrusting down deep into the ground: this hath neither smell nor taste at first, but afterward hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withall.

Place. It groweth in dry, sandy, and rocky places.

Time. It is fresh and green all the Summer.

Virtues and use. Rupture-wort hath not his name in vain, for it is found by experience to cure the Rupture, not onely in children but also in elder persons, if the disease be not too inveterate, by taking a dram of the powder of the dried herb every day in Wine for certain days together; or the Decoction made in Wine

and

and drink: or the juyce or distilled water of the green herb taken in the same manner; and helpeth all other Fluxes either in men or women; vomitings also, and the Gonorrhea or running of the Reins, being taken any of the ways aforesaid. It doth also most assuredly help those that have the strangury, or have their urine stopped, or are troubled with the stone or gravel in their reins or bladder: the same also helpeth much all stitches in the side, all griping Pains in the stomach or belly, the Obstructions of the Liver, and cureth the yellow Jaundice likewise: it killeth also the worms in children: being outwardly applied it conglutineth wounds notably, and helpeth much to stay defluxions of rheum from the head to the eys, nose and teeth, being bruised green and bound thereto; or the Decoction of the dried herb to bath the forehead and temples, or the nape of the neck behinde: it also drieth up the moisture of siftulous ulcers, or any other that are foul and spreading.

Fluxes, running of the Reins, strangury, Stone, gravel, stitches, yellow jaundice, worms, wounds, defluxion, foul ulcers.

They say Saturn causeth Ruptures, if he do he doth no more than he can cure; if you want wit he will teach you though to your cost, this herb is Saturns own, and is a notable Antivenerian.

Rushes.

ALthough there are many kindes of Rushes, yet I shall onely here insist upon these which are best known, and most medicinal, as the Bull-rushes, and other of the soft and smooth kindes; which grow so commonly in almost every place of this Land, and are so generally noted, that I suppose it needless to trouble you with any description of them: briefly then take the virtues of them as followeth.

Virtues and Vices. The seeds of these soft Rushes, saith Dioscorides and Galen, toasted (saith Pliny) being drunk in wine and water, stayeth the Lask and womens Courses when they come down too abundantly: but it causeth head-ach: it provoketh sleep likewise, but must be given with caution, lest the party that takes it wake not untill the Resurrection: Pliny saith, the Root boiled in water to the consumption of one third helpeth the Cough.

Thus you see that conveniencies have their inconveniencies, and virtue is seldom unaccompanied with some vices. What I have written concerning Rushes is to satisfie my Countreymens quest on, Are our Rushes good for nothing? Yes, and as good let alone as taken; there are remedies enough without them for every disease, and therefore as the Proverb is, I care not a Rush for them, or rather they will do you as much good as if one had given you a Rush.

Rye.

THis is so well known in all the Countries of this Land, and especially to the Country people who feed much thereon, that if I should describe it, they would presently say, I might well have spared that labour: Its virtues follow.

Impostumes, Boils, and Swellings, pains of the head. Chaps of the hands or feet.

Virtues and Use. Rye is more digesting than Wheat; the Bread and the Leaven thereof ripeneth and breaketh impostumes, boils, and other swellings: the Meal of Rye put between a double cloth, and moistned with a little Vineger, and heated in a Pewter dish, set over a Chafing-dish of coals, and bound fast to the head while it is hot, doth much ease the continual pains of the head. Mathiolus saith, that the ashes of Rye-straw put into Water, and suffered therein a day and a night, and the chops of the hands or feet washed therewith, doth heal them.

Saffron.

THis herb needs no description, it being known generally where it grows.

Place. It grows frequently at Walden in Essex, and in Cambridg-shire.

Virtues and Use. It is an herb of the Sun, and under the Lion, and therefore you need not demand a reason why it strengthens the heart so exceedingly: let not above ten grains be given at one time, for it is the Sun which is the fountain of life, may dazle the eys, and make them blinde, a Cordial being taken in an immoderate quantity may hurt the heart intending helping it. It quickens the brain, for the Sun is exalted in Aries, as well as he hath his house in the Dragons head: it helps the Consumption of the Lungs, and difficulty of breathing: it is an excellent thing in epidemical diseases as Feavers, Small Pox, and Measles: it is an excellent expultive medicine and a notable remedie for the yellow Jaundice. My opinion is, but I have no Author for it, that Hermodactils is nothing else but the Roots of Saffron dried, and my reason is, that the Roots of all Crocus both white and yellow purge flegm as Hermodactils do, and if you please to dry the Roots of any Crocus, neither your eye nor your taste shall distinguish it from Hermodactils.

Provoke urine, womens courses, expell the dead childe.

Sage.

OUr ordinary Garden Sage needeth no Description. Time. It flowreth in or about July.

Virtues and Use. A Decoction of the Leaves and branches of Sage made and drunk, saith Dioscorides, provoketh urine, bringeth down womens Courses, helpeth to expell the dead childe, and causeth the hairs

hairs to become black: it stayeth the bleeding of wounds, and cleanseth foul ulcers or sores; the said Decoction made in Wine taketh away the itching of the Cods if they be bathed therewith. Agrippa saith, that if women that cannot conceive by reason of the moist slipperiness of their wombs shall take a quantity of the juyce of Sage with a little Salt for four days before they company with their husbands, it will help them not onely to conceive, but also to retain the birth without miscarrying. Orpheus saith, three spoonfuls of the juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of bloud. For them that are in a Consumption, these Pills are much commended. Take of Spiknard and Ginger of each two drams; of the seed of Sage toasted at the fire, eight drams; of long Pepper twelve drams, all these being brought into fine powder, put thereto so much juyce of Sage as may make them into a mass for Pills, taking a dram of them every morning fasting, and so likewise at night, drinking a little pure water after them. Mathiolus saith, it is very profitable for all manner of pains of the head coming of cold and rheumatick humours, as also for all pains of the joynts, whether used inwardly or outwardly, and therefore helpeth the falling-sickness, the Lethargy, such as are dull and heavy of spirit, the Palsie, and is of much use in all defluxions of rheum from the head, and for the diseases of the chest or breast. The Leaves of Sage and Nettles, bruised together, and laid upon the Imposthume that riseth behinde the ears doth assuage it much: the juyce of Sage taken in warm water, helpeth a hoarsness and the Cough. The Leaves sodden in Wine, and laid upon the place affected with the Palsie helpeth much, if the Decoction be drunk also. Sage taken with Wormwood is used for the bloudy flux. Pliny saith, it procureth womens Courses and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the ears and in sores. Sage is of excellent use to help the memory, warming and quickening the Senses: and the Conserve made of the flowers is used to the same purpose, and also for all the former recited diseases. The juyce of Sage drunk with Vineger hath been of good use in the time of Plague at all times. Gargles likewise are made with Sage, Rosemary, Honeysuckles, and Plantane boiled in Wine or Water, with some Honey and Allum put thereto, to wash sore mouths and throats, Cankers, or the secret parts of man or woman as need requireth. And with other hot and comfortable herbs, Sage is boiled to bath the body or legs in the Summer-time, especially to warm cold joynts or sinews troubled with the Palsie or Cramp, and to comfort and strengthen the parts. It is much commended against the stitch or pains in the side coming of winde, if the place be fomented warm with the Decoction thereof in Wine, and the herb

After-birth. Stanch bleeding, cleanse ulcers & sores, itching of the cods, help conception, hinder miscarriage, spitting bloud consumption, pains in the head, joynts. Falling-sickness. Lethargy dulness of spirit, palsie, defluxion of rheum imposthume behinde the ears, hoarsness cough, blouay flux, biting of Serpents, worms in the Ears, sores, quicken the senses help memory, sore mouths, throats, cankers, palsie, cramp,

Stitch in the side.

Herb after the boyling be laid warm also thereunto.

Jupiter claims this, and bid me tell you it is good for the Liver, and to breed good bloud.

Wood-Sage.

Description. WOod-Sage riseth up with square hoary stalks two foot high at the least, with two leaves set at every joynt, somewhat like other Sage-leaves, but smaller, softer, whiter, and rounder, and a little dented about the edges, and smelling somewhat strongly: at the tops of the stalks and branches stand the flowers on a slender long Spike turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them: The Seed is blackish and round, four usually set in a husk together: The Root is long and stringy, with divers Fibres thereat, and abideth many years.

Place. It groweth in Woods, and by Wood-sides, as also in divers fields and by-Lanes in this Land.

Time. It flowereth in June, July, and August.

provokes Urine & Womens courses, & sweat, swellings in the flesh, French Pox, Vein broken, burstness, Palsey, ulcers and sores, Green Wounds.

Virtues and Use. The decoction of Wood-Sage provoketh Urine and Womens Courses: it also provoketh sweat, digesteth humours, and discussieth swellings, and nodes in the flesh, and is therefore thought to be good against the French Pox. The decoction of the green Herb made with Wine is a safe and sure remedy for those who by falls, bruises, or blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed bloud, and to consolidate the Vein; It is also good for such as are inwardly, or outwardly bursten, the drink used inwardly, and the Herb applied outwardly: The same used in the same manner is found to be a sure remedy for the Palsey: The juyce of the Herb, or the pouder thereof dried, is good for moist Ulcers and Sores in the Legs, or other parts, to dry them, and cause them to heal the more speedily: It is no less effectual also in green Wounds to be used upon any occasion.

Solomons Seal.

Description. THe common Solomons Seal riseth up with a round stalk about half a yard high, bowing, or bending down to the top, set with single leaves one above another, somewhat large and like the leaves of the Lilly-Convalley, or May Lilly, with an eye of bluish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every leaf almost from the bottom up to the top of the stalk come forth small long white and hollow pendulous flowers, some-

somewhat like the flowers of May-Lilly, but ending in five long points, for the most part two together, at the end of a long foottalk, and sometimes but one, and sometimes also two stalks with flowers at the foot of a leaf, which are without any scent at all, and stand all on one side of the stalk: after they are past, come in their places, small, round Berries, green at the first, and blackish green, tending to blueness when they are ripe, wherein lie small white, hard and stony Seed: The Root is of the thickness of ones finger, or thumb, white and knobbed in some places, with a flat, round circle representing a Seal, whereof it took the name, lying along under the upper cruft of the earth, and not growing downward but with many fibres underneath.

Place. It is frequent in divers places of this Land, as namely in a Wood two miles from Canterbury, by Fishpool-hill; as also in a bushy Close, belonging to the Parsonage of Alderbury near Clarindon, two miles from Salisbury; in Chessom Wood, on Chessom-hill, between Newington and Sittingborn in Kent, and in divers other places, in Essex and other Counties.

Time. It flowereth about May, The Root abideth, and shooteth anew every year.

Virtues and Use. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and close up the lips of those that are green, and to dry up and restrain the Flux of humours to those that are old: It is singular good to stay Vomitings, and bleedings wheresoever, as also all Fluxes in Man, or Woman, whether the Whites, or Reds in Women, or the running of the Reins in men; also to knit any joynt which by weakness useth to be often out of place, or will not stay in long, when it is set: also to knit and joyn broken bones in any part of the body, the Roots being bruised and applied to the place: yea, it hath been found by late experience that the decoction of the Root in Wine, or the bruised Root put in Wine, or other drink, and after a nights infusion strained forth hard and drunk, hath holpen both man and beast, whose bones have been broken by any occasion, which is the most assured refuge of help to people of divers Countries of this Land, that they can have: It is no less effectual to help rupture and burstings, the decoction in Wine, or the powder in broth, or drink being inwardly taken and outwardly applied to the place: The same is also available for inward, or outward bruises, falls, or blows, both to dispell the congealed blood, and to take away both the pains, and the black and blue marks that abide after the hurt. The same also, or the distilled water of the whole plant used to the Face, or other part of the skin, cleanseth it from Morphew, Freckles, Spots, or Marks whatsoever, leaving the place fresh, fair, and lovely, for which purpose it is much used by the Italian Dames.

Wounds and sores, vomiting & bleeding, fluxes, Running of the Reins, Knit joynts & broken bones in man and beast, Ruptures.

Bruises and falls, black and blue Marks, Beautifie the face.

Saturn owns this Plant, for he loves his bones well.

Sampire.

Description. THe Rock Sampire groweth up with a tender green stalk, about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick, and almost round somewhat long leaves, of a deep green colour, sometimes three together, and sometimes more on a stalk, and are sappy, and of a pleasant, hot, or spicy taste: at the tops of the stalk and branches, stand Umbels of white flowers, and after them come large Seed bigger than Fennel Seed, yet somewhat alike. The Root is great, white, and long, continuing many years, and is of a hot spicy taste likewise.

Place. It groweth on the Rocks that are often moistened, at the least, if not overdown with the Sea water.

Time. And it flowereth and seedeth in the end of July and August.

Virtues and Use. It is a safe Herb, very pleasant both to the taste and stomach, helping digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoking Urine, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys, or Bladder.

Hospodigestion, Opens Obstructions, Provokes Urine, Expell Gravel and Stone.

Sanicle.

Description. THe ordinary Sanicle sendeth forth many great round leaves standing upon long brownish stalks, every one somewhat deeply cut, or divided into five or six parts, and some of those also cut in, somewhat like the leaf of a Crowfoot, or Dovesfoot, and finely dented about the edges, smooth, and of a dark green shining colour, and sometimes reddish about the brims, from among which riseth up small round green stalks without any joynt, or leaf thereon, saving at the top, where it brancheth forth into flowers, having a leaf divided into three or four parts at that joynt with the flowers, which are small and white, starting out of small round greenish yellow heads, many standing together in a tuft; in which afterward are the Seeds contained, which are small, round, rough burs, somewhat like the Seeds of Cleavers, and stick in the same manner upon any thing that they touch: The Root is composed of many black strings, or fibres set together, at a little long head, which abideth with the green leaves all the Winter and perish not.

Place. It is found in many shadowy Woods, and other places of this Land.

Time. It flowereth in June, and the Seed is ripe shortly after.

Vir-

Virtues and Use. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Impostumes or bleedings inwardly: It doth wonderfully help those that have any Tumours in any part of their bodies, for it represseth and dissipateth the humours, if the decoction, or juyce thereof be taken, or the powder in drink, and the juyce used outwardly; for there is not scarce any herb that can give such present help either to man or beast, when the disease falleth upon the Lungs, or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat, and privities, by gargling, or washing with the decoction of the Leaves and Root made in water, and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of blood either by the Mouth, Urine, or Fundament, and Laske of the belly, the Ulceration of the Kidneys also, and the pains in the bowels, and the Gonorrhea, or running of the Reins, being boyled in Wine or water, and drunk: The same also is no less powerfull to help any Ruptures, or burstings, used both inwardly and outwardly, and briefly it is effectual in binding, restraining, consolidating, heating, drying, and healing; as Comfry, Bugle, Self-heal, or any other of the Consounds, or Vulnerary Herbs whatsoever.

Green wounds, Ulcers, Impostumes, Inward bleedings, Wounds in the Mouth, Throat, & privities, Womens Courses, Fluxes of blood, Laske, Ulcers in the Kidneys, running of the Reins, Rupture.

This is one of Venus her herbs to cure either wounds, or what other mischiefs Mars inflicteth upon the body of Man.

Sarasens Consound.

Description. THis groweth very high sometimes with brownish stalks, and other whiles with green and hollow to a mans height, having many long and narrow green leaves snipped about the edges, somewhat like those of the Peach-Tree, or Willow-leaves, but not of such a white green colour: The tops of the stalks are furnished with many pale yellow star-like flowers standing in green heads, which when they are fallen, and the Seed ripe, which is somewhat long, small, and of a yellowish brown colour wrapped in down, is therewith carried away with the winde: The Root is compoled of many strings, or fibres, set together at a head, which perish not in Winter, but abide, although the stalks cry away, and no leaf appeareth in Winter. The taste hereof is strong and unpleasant and so is the smell also.

Of some Hypocrisie Jaundice Dropsie

Place. It groweth in moist and wet grounds by Wood-sides, and sometimes in the moist places of shady Groves, as also by the water-side.

Time. It flowereth in July, and the Seed is soon ripe, and carried away with the winde.

Virtues and Use. Amongst the Germans, this Wound Herb is preferred before all others of the same quality. Being boyled in Wine and drunk, it helpeth the malposition of the Liver, and freeth the Gall from obstru-

Ulcers of the reins, Inward wounds and bruifes. Pains in the body, Mother, Agues, Green Wounds, Old fores or ulcers, Ulcers in the Mouth or Throat, Sores in the privy parts.

Obftructions, whereby it is good for the yellow Jaundice, and for the Dropfie in the beginning of it, for all inward Ulcers of the Reins, or elfewhere, and inward Wounds and bruifes: and being fteeped in Wine and then diftilled, the water thereof drunk is fingular good to eafe all gnawings in the ftomach, or other pains of the body, as alfo the pains of the Mother; and being boyled in water it helpeth continual Agues, and this laid water, or the fimple water of the Herb diftilled, or the juyce, or decoction, are very effectual to heal any green Wound, or old Sore, or Ulcer whatfoever, cleanfing them from corruption, and quickly healing them up: It is no lefs effectual for the Ulcers in the Mouth, or Throat, be they never fo foul, or ftinking, by waihing and gargling them therewith; and likewife for fuch Sores as happen in the privy parts of Man, or Woman: briefly whatfoever hath been faid of Bugle, or Sanicle, may be found herein.

Saturn owns this Herb, and it is of fober condition like him.

Sawcealone, or Jack by the Hedge.

Defcription. The lower leaves of this are rounder than thofe that grow towards the tops of the ftalks, and are fet fingly one at a joynt, being fomewhat round and broad, and pointed at the ends, dented alfo about the edges, fomewhat refembling Nettle leaves for the form, but of a freiher green colour, and not rough, or pricking: The flowers are very fmall and white, growing at the tops of the ftalks one above another, which being paft, there follow fmall, and long, round pods, wherein are contained, fmall round Seed fomewhat blackifh: The root is ftringy and threddy, perifhing every year after it hath given Seed, and raifeth it felf again of its own fowing: the plant or any part thereof being bruifed, fmelleth of Garlick, but more pleafantly, and tafteth fomewhat hot and ftarp, almoft like unto Rocket.

Place. It groweth under Walls, and by Hedge-fides, and Path-ways in fields in many places.

Time. It flowereth in June, July, and Auguft.

Helps digeftion, Cough, Tough Flegm, Windcholick, Stone, Ulcers in the Legs.

Virtues and Ufe. This is eaten by many Countrey people as Sawce to their fait fifh, and helpeth well to digeft the crudities and other corrupt humours ingendred thereby, it warmeth alfo the ftomach, and cauſeth digeftion: The juyce thereof boyled with Honey, is accounted to be as good as Hedge-Muſter for the Cough, to cut and expectorate the tough Flegm. The Seed bruifed and boyled in Wine is a fingular good remedy for the winde Chollick, or the Stone, being drunk warm; It is alfo given to Women troubled with the Mother, both to drink, and the Seed put into a cloath and applied while it is warm is of fingular good ufe. The leaves alfo, or Seed boiled is good

to

to be used in Clysters to ease the pains of the Stone The green leaves are held to be good to heal the Ulcers in the Legs.

Winter and Summer Savory.

BOth these are so well known (being entertained as Constant inhabitants in our Gardens) that they need no Description.

Virtues and Use. They are both of them hot and dry, especially the Summer kinde, which is both sharp and quick in taste, expelling winde in the stomach and bowels, and is a present help for the ring of the Mother procured by wind, provoketh Urine and Womens courses, and is much commended for Women with child to take inwardly, and to smell of now and to. It cutteth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily; It quickeneth the dull spirits in the Lethargy the juyce thereof being snuffed, or cast up into the Nostrils: The juyce dropped into the eyes cleareth a dull sight, if it proceed of thin cold humours distilling from the brain: The juyce heated with a little Oyl of Roses, and dropped into the ears easeth them of the noise and ringing in them and of Deafness also if outwardly applied with white flour in manner of a Pultis, it giveth ease to the Sciatica and pale eyed Members, heating and warming them, and taketh away their pains: It also taketh away the pain that comes of stinging by Bees, Wasps, &c.

Mercury claims the Dominion over this Herb, neither is there a better remedy against the Chollick and Illnick passions than this Herb. Keep it dry by you all the year if you love your selves and your ease, as this an hundred pound to a penny if you do not: keep it dry make Conserves and Syrups of it for your use, and withall, take notice that the Summer kinde is the best.

Inwardly Winds, Mother, Cholick & Womens Courses, To ease Flegm. Lethargy, Dull sights, Singing in the Ears and Deafness Sciatica and Pale eyed Members, Stinging of Bees &c. Cholick, Illnick passions

The common white Saxifrage.

Descrip. THis hath a few small reddish Kernels or Roots, covered with some skins lying among divers small blackish fibres, which send forth divers round, faint, or yelh with green leaves and gravis underneath, lying above the ground unevenly dented about the edges, and somewhat hairy, every one upon a little footstalk from whence riseth up a round brownish hairy green stalk, two or three foot high, with a few such like round leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white flowers of five leaves apiece, with some yellow threds in the middle, standing in long crested brownish green Husks: after the flower,

are past there ariseth sometimes a round hard head forked at the top, wherein is contained small blackish seed but usually they fall away without any seed; and it is the kernels or grains of the Root which are usually called the white Saxifrage seed, and so used.

Place. In groweth in many places of our Land, as well in the lower moist, as in the upper dry corners of meadows, and grassie sandy places; it is used to grow near Lambs Conduit on the back-side of Grays Inn.

Time. It flowereth in May, and is then gathered as for that which is called the seed, as to distill, for it quickly perisheth down to the ground when any hot weather comes.

cleanseth reins, stone, gravel, provokes urine.

Virtues and Use. It is very effectual to cleanse the reins and bladder, and to dissolve the stone ingendred in them, and to expell it and the gravel by urine, to provoke urine also being stopped, and to help the strangury: for which purposes the Decoction of the herb or roots in white wine, or the pouder of the small kernelly roots which is called the seed taken in white wine, or in the same decoction made with white wine is most usual. The distilled water or the whole herb, roots, and flowers is most familiar to be taken: it provoketh also womens Courses, and freeth and cleanseth the stomach and Lungs from thick and tough flegm that troubles them. There is not many better medicines to break the stone than this.

womens courses, tough flegm.

Burnet Saxifrage.

Descri-ption. The greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves, set directly opposite one to another on both sides, each being somewhat broad, a little pointed and dented about the edges, of a sad green colour. At the tops of the stalks stand umbels of white flowers, after which comes small and blackish seed; the Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former: the umbels of flowers are white, and the seed very small, and so is the Root, being also somewhat hot and quick in taste.

Place. These grow in most meadows of this Land, and are easie to be found, being well sought for among the grass, wherein many times they lie hid scarcely to be discerned.

Time. They flower about July, and their seed is ripe in August.

Provokes Urine winde, chollick.

Virtues and Use. These Saxifrages are as hot as Pepper, and Tragus saith by his experience, they are more wholesom: they have the same properties that the Parsleys have, but in provoking urine, and easing the pains thereof, or of the winde and chollick, are

more

much more effectual: the roots or seed being used either in powder, or in decoction, or any other way; and likewise helpeth the windy pains of the Mother, and to procure their Courses, to break and avoid the stone in the kidneys, to digest cold, viscuous, and tough flegm in the stomach, and is an especial remedy against all kinde of venom. Castoreum being boiled in the distilled water hereof, is singular good to be given to those that are troubled with Cramps and Convulsions: some do use to make the seed into Comfits, (as they do Caraway-seed) which is effectual to all the purposes aforesaid. The juyce of the herb dropped into the most grievous wounds of the head, drieth up their moisture, and healeth them quickly. Some women use the distilled water to take away freckles or spots in the skin or face: and to drink the same sweetned with Sugar for all the purposes aforesaid.

Mothers, womens courses, stone, tough flegm, to comfort, cramps, convulsions, wounds in the head, freckles, spots.

Scabious, three sorts.

Descri-ption. THe common field Scabious groweth up with many hairy, soft, whitish green Leaves, some whereof are but very little if at all jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which rise up divers hairy green stalks three or four foot high, with such like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: at the tops hereof which are naked and bare of Leaves for a good space, stand round heads of flowers, of a pale bluish colour set together in a head, the outermost whereof are larger than the inward, with many threds also in the middle, somewhat flat at the top, as the head with seed is likewise: the Root is great, white, and thick, growing down deep into the ground, and abideth many years.

There is another sort of field Scabious, different in nothing from the former, but onely it is smaller in all respects.

The Corn Scabious differeth little from the first, but that it is greater in all respects, and the flowers more declining to purple: and the Root creeperh under the upper cruft of the earth, and runneth not deep in the ground as the first doth.

Place. The first groweth most usually in meadows, especially about London every where.

The second in some of the dry fields about this City, but not so plentifull as the former.

The third, in the standing Corn, or fallow-fields, and the borders of such like fields.

Time. They flower in June and July, and some abide flowring untill it be late in August, and the seed is ripe in the mean time.

There are many other sorts of Scabious, but I take

those which I have here described to be most familiar with us: the virtues both of these and the rest being much alike, take them as followeth.

Cough, shortness of breath, cold flegm, inward ulcers, imposthumes, pluriſie, infection

Virtues and Use. Scabious is very effectual for all sorts of Coughs, shortness of breath, and all other diseases of the breast and lungs, ripening and digesting cold flegm, and other tough humours, voiding them forth by coughing and spitting: it ripeneth also all sorts of inward ulcers and imposthumes, the Plurisie also, if the Decoction of the herb dry or green, be made with Wine, and drunk for some time together: four Ounces of the clarified juyce of Scabious taken in the morning fasting, with a dram of Methridate, or Venice-treacle, freeth the heart from any infection of Pestilence, if after the taking of it the party sweat two hours in their beds, and this medicine be again and again repeated if need require: the green herb bruised and applied to any Carbuncle or Plague-sore, is found by certain experience to dissolve or break it in three hours space. The same decoction also drunk helpeth the pains and stitches in the sides. The decoction of the Roots taken for fourty days together, or a dram of the ponder of them taken at a time in Whey, doth (as Mathiolus saith) wonderfully help those that are troubled with running or spreading scabs, tetters, or ringworms, yea though they proceed of the French Pox, which (he saith) he hath tried by experience: the juyce or decoction drunk, helpeth also scabs and breakings out in Itch, and the like: the juyce also made up into an Oyntment and used, is effectual for the same purpose: the same also helpeth all inward wounds by the drying, cleansing, and healing quality therein: a Syrup made of the juyce and Sugar is very effectual to all the purposes aforesaid, and so is the distilled water of the herb and flowers made in due season; especially to be used when the green herb is not in force to be taken. The decoction of the herb and roots outwardly applied doth wonderfully help all sorts of hard or cold swellings in any part of the body, and is as effectual for any shrunk sinew or vein. The juyce of Scabious made up with the ponder of Borax and Camphire, cleanseth the skin of the face, or other part of the body, not onely from freckles and pimples, but also from morphew and Lepry. The head washed with the same Decoction cleanseth it from Dandriff, scurf, sores, itches, and the like, being used warm. Tents also dipped in the juyce or water thereof not onely healeth all green wounds, but old sores and ulcers also: the herb also bruised and applied doth in short time loosen, and cause to be drawn forth any splinter, broken bone, arrow-head, or other such like thing lying in the flesh.

carbuncle, plague-sores, pains or stitches in the side, scabs, tetters, ringworms, itch, inward wounds, cold swellings, sinews shrunk, freckles, pimples, morphew, Lepry, dandriff, Scurff, Green wounds, old ulcers, sores, splinters, Thorns, broken bone, &c.

Scurvy-

Scurvy-grass.

Description. Our ordinary English Scurvy-grass hath many thick fat Leaves, more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waved, sometimes plain, smooth, and pointed, sometimes a little hollow in the middle and round pointed, of a sad green, and sometimes brownish colour, every one standing by it self upon a long foot-stalk, which is brownish or greenish also: from among which rise small slender stalks, bearing a few Leaves thereon like the other, but longer and lesser for the most part: at the tops whereof grow many whitish flowers, with yellow threds in the middle, standing about a green head which becometh a seed-vessel, which will be somewhat flat when it is ripe, wherein is contained reddish seed tasting somewhat hot: the Root is made of many white strings which stick deeply in the mud, wherein it chiefly delighteth, yet it will well abide in the more up-land and drier grounds, and taſteth a little brackish or salt, even there, but not so much as where it hath the salt water to feed upon.

Place. I groweth all along the Thames side, both upon the Essex and Kentish shoars, from Woolwich round about the sea-coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: the other with round Leaves groweth in the marshes in Holland in Lincolnshire by the sea-side.

Description. There is also another sort called Dutch scurvy-grass, which is most known and frequent in Gardens, which hath divers fresh green and almost round Leaves rising from the Root, nothing so thick as the former, yet in some rich ground very large, even twice so big as in others, not dented about the edges, not hollow in the middle, every one standing upon a long foot-stalk: from among these rise up divers long slender weak stalks higher than the former, and with more white flowers at the tops of them, which turn into smaller pods and smaller brownish seed than the former: the Root is white, small, and threddy, the taste of this is nothing salt at all, but hath a hot aromatical spicy taste.

Time. They flower in April or May, and give their seed ripe quickly after.

Virtues and Use. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse, but the Dutch Scurvy grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the blood, the Liver, and the Spleen, for all which diseases it is of singular good effect by taking the juice in the Spring every morning fasting in a cup of drink: the Decoction is good for the same purpose, and the herb tunned up in new drink, either by it self or with other things, for it openeth obstructions, evacuateth cold

Scurvy. Liver. Spleen.

Phlegmatick humours. foul ulcers, sore mouths, spots and scars in the skin.

clammy and flegmatick humours both from the Liver and the Spleen, wasting and consuming both the swelling and hardness thereof, and thereby bringing to the body a more lively colour. The juyce also helpeth all foul ulcers and sores in the mouth, if it be often gargled therewith; and used outwardly cleanseth the skin from spots, marks, or scars that happen therein.

Self-heal.

Description. THe common Self-heal is a small low creeping herb, having many small roundish pointed Leaves somewhat like the Leaves of wilde Mints, of a dark green colour, without any dents on the edges, from among which rise divers square hairy stalks scarce a foot high, which spread sometimes into branches with divers such small Leaves set thereon up to the tops, where stand brown lipped heads of many small brownish Leaves like scales and flowers set together almost like the head of Cassidony, which flowers are gaping, and of a bluish purple, or more pale blue, in some places sweet, but not so in others: the Root consists of many strings or fibres downward, and spreadeth strings also, whereby it increaseth: the small stalks with the Leaves creeping upon the ground, shoot forth fibres taking hold of the ground, whereby it is made a great tuft in little time.

Place. It is found in woods and fields every where.

Time. It flowreth in May, and sometimes in April.

Virtues and Use. As Self-heal is like Bugle in form, so also in the qualities and virtues serving for all the purposes whereto Bugle is applyed with good success either inwardly or outwardly, for inward wounds or ulcers whersoever within the body, for bruises and falls, and such like hurts: if it be accompanied with Bugle, Sanicle, and other the like wound-herbs, it will be the more effectual; and to wash or inject into ulcers in the parts outwardly where there is cause to repress the heat and sharpness of the humours flowing to any sore ulcer, inflammation, swelling, or the like, or to stay the flux of blood in any wound or part, this is used with good success, as also to cleanse the foulness of sores, and cause them more speedily to be healed. It is an especial remedy for all green wounds to foster the lips of them, and to keep the place from any further inconveniences: the juyce hereof used with Oyl of Roses to anoint the temples and fore-head, is very effectual to remove the head-ach; and the same mixed with Honey of Roses cleanseth and healeth all ulcers in the mouth and throat, and those also in the secret parts. And the Proverb of the Germans, French, and others is verified in this, that He needeth neither Physician nor Chirurgian that hath Self-heal and Sanicle to help himself.

Inward wounds, ulcers, bruises.

Flux of blood. foul sores green wounds.

Head ach sores in mouth, throat, secret parts.

Here is another herb of Venus, Self-heal, whereby when

when you are hurt you may heal your self, it is indeed a special herb for inward and outward wounds: take it inwardly in Syrups for inward wounds, outwardly in Unguents and Plaisters for outward.

The Service-tree.

THis is so well known in the places where it grows that it needeth no description.

Time. It flowreth before the end of May, and the fruit is ripe in October.

Vertues and use. Services when they are mellow are fit to be taken to stay fluxes, scowring, and castings, yet less than Medlars: if they be dried before they be mellow, and kept all the year, they may be used in decoctions for the said purposes, either to drink, or to bath the parts requiring it: and is profitably used in that manner to stay the bleeding of wounds, and at the mouth or nose, to be applied to the fore-head and nape of the neck.

Fluxes, scowrings, castings.

bleeding of wounds, mouth, nose.

Smallage.

THis also is very well known, and therefore I shall not trouble the Reader with any description thereof.

Place. It groweth naturally in wet and marish grounds, but if it be sown in Gardens it there prospereth very well.

Time. It abideth green all the Winter, and seedeth in August.

Vertues and use. Smallage is hotter, drier, and much more medicinable than Parsley, for it much more openeth Obstructions of the Liver and Spleen, purifieth thick flegm, and cleanseth it and the blood withall. It provoketh urine and womens Courses, and is singular good against the yellow Jaundice: it is very effectual against tertian and quartan Agues if the juyce thereof be taken, but especially made into Syrup. The juyce also put to Honey of Roses, and Barley-water, is very good to gargle the mouth and throat of those that have sores and ulcers in them, and will quickly heal them: the same potion also cleanseth and healeth all other foul ulcers and cankers elsewhere if they be washed therewith. The seed is especially used to break and expell winde, to kill worms, and to help a stinking breath: the Root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the herb, but especially to open Obstructions, and to rid away an Ague, if the juyce thereof be taken in Wine, or the Decoction thereof in Wine be used.

Liver, spleen, urine, womens courses, yellow jaundice, agues, sore mouth, throat, ulcers, cankers, winde, worms, stinking breath.

Sope-

Sopewort, or Bruisewort.

Descri-ption. THe Root creepeth under ground far and near, with many joynts therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places, many weak, round, stalks, full of joynts, set with two leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantan, and fashioned like the common field white Campion leaves, seldom having any branches from the sides of the stalks, but set with divers flowers at the top standing in long husks like the wilde Campions, made of five leaves a piece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, and sometimes paler, of a reasonable good scent.

Place. It groweth wilde in many low and wet grounds of this Land, by the brooks, and sides of running waters.

Time. It flowereth usually in July, and so continueth all August, and part of September before they be quite spent.

Virtues and Use. The Countrey people in divers places do use to bruise the leaves of Sopewort, and lay it to their fingers, hands, or legs, when they are cut, to heal them up again. Some make great boast thereof that it is Diuretical to provoke Urine, and thereby to expell Gravel and the stone in the Reins, or Kidneys: and do also account it singular good to avoid Hydropical waters thereby to cure the disease of the Dropsie: And they no less extoll it to perform an absolute cure in the French Pox, more than either Sarsaparilla, Guiacum, or China can do, which how true it is, I leave to others to judge.

Cut fingers, provok's Urine Expels Gravel & Stone dropsie, French Pox.

Sorrel.

Cooleth Inflammations, and heat of blood, Agues. Quencheth thirst, provoke apetite, Kill worms, Womens Courses Fluxes Poyson. Jaundice

OUr ordinary Sorrel, which groweth in Gardens, and also wilde in the fields, is so well known that it needeth no description.

Virtues and Use. Sorrel is prevalent in all hot diseases, to cool any Inflammation and heat of blood in Agues, Pestilential, or Chollerick, or other sicknesses and fainting, rising from heat, and to refreth the overspent spirits with the violence of furious, or fiery fits of Agues, to quench thirst, and procure an appetite in fainting, or decayed stomachs: for it refresheth the putrefaction of the blood, killeth Worms, and is as a Cordial to the heart which the Seed doth more effectually being more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of humours in the bloudy Flux, or Flux of the stomach. The Roots also in a Decoction, or in pouder, is effectual for all the said purposes. Both Roots and Seed as well as the Herb, is held powerfull to resist the poyson of the

Sour-

Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expell Gravel and the ſtone in the Reins, or Kidneys. The Decoction of the flowers made with Wine and drunk helpeth the black Jaundice, as alſo the inward Ulcers of the body, or bowels. A Syrup made with the juyce of Sorrel and and Fumitary is a ſovereign help to kill thoſe ſharp humours that cauſe the Itch. The juyce thereof with a little Vineger ſerveth well to be uſed outwardly for the ſame cauſe, and is alſo profitable for Tetters, Ring-worms, &c. It helpeth alſo to diſcuſs the Kernels in the Throat, and the juyce gargled in the Mouth helpeth the Sores therein. The leaves wrapped up in a Colewort leaf, and roaſted under the Embers, and applied to a hard Impoſthume, Botch, Boyl, or Plague ſore, both ripeneth and breaketh it. The diſtilled water of the Herb is of much good uſe for all the purpoſes aforeſaid.

Gravel and ſtone. Black Jaundice. inward Ulcers, Itch. Tetters, and ring-worms. Kernels in the Throat. Sore Mouth. Impoſthume. Boyl, or Plague-ſore.

Venus owns it, and ſhe will never deny the Herb that follows.

Wood Sorrel.

Deſcription. THis groweth low upon the ground, having a number of leaves coming from the root, made of three leaves like a Trefoyl, but broad at the ends and cut in the middle, of a faint yellowiſh green colour, every one ſtanding on a long footſtalk, which at their firſt coming up are cloſe folded together to the ſtalk, but opening themſelves afterwards, and are of a fine ſower reliſh, and yielding a juyce which will turn red when it is clarified, and maketh a moſt dainty clear Syrup: Among theſe leaves riſeth up divers ſlender weak footſtalks, with every one of them a flower at the top, conſiſting of five ſmall pointed leaves Star-faſhion, of a white colour in moſt places, and in ſome dathed over with a ſmall ſhew of bluſh, on the back-ſide onely: After the flowers are paſt follow ſmall round heads, with ſmall yellowiſh Seed in them: The Roots are nothing but ſmall ſtrings faſtned to the end of a ſmall long piece, all of them being of a yellowiſh colour.

Place. It groweth in many places of our Land, in Woods and Wood-ſides, where they be moiſt and ſhadowed, and in other places not too much open to the Sun.

Time. It flowereth in April and May.

Virtues and Uſe. Wood Sorrel, ſerveth to all purpoſes that the other Sorrels do, and is more effectual in hindring the putrefaction of bloud, and Ulcers in the mouth and body, and in cooling and tempering hears and Inflammations, to quench thirſt, to ſtrengthen a weak ſtomach, to procure an appetite, to ſtay vomiting, and very excellent in any contagious ſickneſs, or Peſtilential Feavers. The Syrup made of the juyce is

Ulcers, Inflammations. Procure appetite, ſtay vomiting. Peſtilen-

pial fevers, hot swellings, Canker or Ulcer in the Mouth; Wounds, or scabs. Defluxions.

effectual in all the causes aforesaid, and so is the distilled water of the Herb also. Spunges or linnen cloaths wet in the juyce, and applied outwardly to any hot swellings, or Inflammations, doth much cool and help them: the same juyce taken and gurgled in the mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker, or Ulcer therein. It is singular good in wounds, thrusts, and stabs in the body, to stay bleeding, and to cleanse and heal the wounds speedily; and helpeth to stay any hot defluxions into the Throat, or Lungs.

Sow-Thistles.

THese are generally so well known that they need no description.

Place. They grow in our Gardens and manured grounds, and sometimes by old walls, the path-sides of fields and high-ways.

Pains and heat of the Stomach, Short winde & wheesing, Gravel & stone, stinking breath, Speedy delivery, Strangury Milk increased, Deafness and singing in the Ears,

Virtues and Use. Sow-thistles are cooling and somewhat binding, and are very fit to cool an hot stomach, and to ease the gnawing pains thereof; The Herb boyled in Wine is very helpfull to stay the dissolutions of the stomach: And the Milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short winded and have a wheesing withall: Pliny saith, that it caused the Gravel and stone to be voided by Urine, and that the eating thereof helpeth a stinking breath: Three spoonfuls of the juyce thereof taken in white Wine warmed, and some Oyl put thereto causeth Women in Travel to have so early and speedy delivery, that they may be able to walk presently after: The said juyce taken in warm drink, helpeth the Strangury and pains in making water.

The Decoction of the leaves and stalks causeth abundance of Milk in Nurses, and their children to be well coloured, and is good for those whose Milk doth curdle in their breasts. The juyce boyled, or throughly heated with a little Oyl of bitter Almonds in the Pill of a Pomegranate, and dropped into the ears, is a sure remedy for deafness, singings, and all other diseases in them. The Herb bruised, or the juyce is profitably applied to all hot Inflammations in the eyes, or wheresoever else, and for Wheals, Blisters, or other the like eruptions of heat in the skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of humours in the secret parts of Man or Woman: The distilled water of the Herb is not onely effectual for all the diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach will not refuse) but outwardly, by applying cloaths, or spunges wetted therein: It is wonderfull good for women to wash their faces therewith, to clear the skin, and give a lustre thereto.

Inflamed Eyes, Wheals and blisters, Hemorrhoids, Clear the skin.

Southern

Southernwood.

THis is so well known to be an ordinary inhabitant in our Gardens, that I shall not need to trouble you with any description thereof. The virtues are as followeth.

Time. It flowereth for the most part in July and August.

Virtues and Use. Dioscorides saith, that the Seed bruised, heated in warm water and drunk, helpeth those that are burften, or troubled with Cramps, or Convulsions of the Sinews, the Sciatica, or difficulty in making water, and bringeth down Womens Courses. The same taken in Wine is an Antidote, or counter poyson against all deadly poyson, and driveth away Serpents, and other venomous creatures; as also the smell of the Herb being burnt, doth the same. The Oyl thereof anointed on the back-bone before the fits of Agues come taketh them away: it taketh away Inflammations in the eyes, if it be put with some part of a roasted Quince and boyled with a few crums of bread and applied. Boyled with Barley meal, it taketh away Pimples, Pustles, or Wheals, that rise in the face, or other part of the body. The Seed as well as the dried Herb is often given to kill the Worms in Children: The Herb bruised and laid to, helpeth to draw forth Splinters, and Thorns out of the flesh. The ashes thereof drieth up and healeth old Ulcers that are without Inflammation, although by the sharpness thereof it biteth sore and purteth them to sore pains: as also the sores in the privy parts of man or woman. The ashes mingled with old Sallet Oyl, helpeth those that have their hair fallen and are bald, causing the hair to grow again either on the head or beard. Durantes saith, that the Oyl made of Southernwood and put among the Ointments that are used against the French disease, is very effectual, and likewise killeth Lice in the head. The distilled water of the Herb is said to help them much that are troubled with the stone, as also for the diseases of the Spleen and Mother. The Germans commend it for a singular Wound Herb, and therefore call it Stabwort. It is held by all writers, ancient and modern to be more offensive to the stomach than Wormwood.

Burstenness, cramps, and convulsions, Sciatica, Strangury, womens courses, Poyson, Ague, Inflamed Eyes, Pimples, pushes & Wheals, Worms, Splinters & thorns, Old Ulcers, sores in the privities, Baldness, French pox, Stone, Spleen, &c.

Spignel.

Description. THe Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one head, which is hairy at the top, of a blackish brown colour on the outside and white within, smelling well, and of an Aromatical taste from whence rise sundry long stalks of most fine cut leaves like hairs, smaller than Dill, set thick on both sides of the stalks, and of a good scent. Among these leaves rise up round stiff stalks, with few joints

and Leaves at them, and at the tops an umbel of fine pure white flowers, at the edges whereof sometimes will be seen a shew of reddish blush-colour, especially before they be full blown, and are succeeded by small somewhat round seed, bigger than the ordinary Fennel, and of a browner colour, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

Place. It groweth wilde in Lancashire, Yorkshire, and other Northern countries, and is also planted in Gardens.

Provokes urine and womens courses, strangury pains of the stomach, mother, joyns ach tough flegm, venomous creatures

Virtues and Use. Galen saith, the Roots of Spignel are available to provoke urine and womens Courses, but if too much thereof be taken it causeth head-ach: the Roots boiled in Wine or Water and drunk, helpeth the Strangury, and stoppings of the urine, the winde, swelling, and pains in the stomach, pains of the Mother, and all joyn-aches. If the pouder of the Roots be mixed with Honey, and the same taken as a licking medicine, it breaketh tough flegm, and drieth up the rheum that falleth on the lungs. The Roots are accounted very effectual against the stinging or biting of any venomous creature, and is one of the Ingredients in Methridate, and other Antidotes for the same.

Spleen-wort or Ceterach.

Description. THe smooth Spleen-wort from a black threddy and bushy Root sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, each division being not always set opposit unto the other, but between each, smooth, and of a light green on the upper side, and a dark yellowish roughness on the back, folding or rolling it self inward at the first springing up.

Place. It groweth as well upon stone-walls as moist and shadowy places about Bristol, and other the West-parts plentifully; as also on Framingham-Castle, on Becoosfield-Church in Barkshire, at Strowd in Kent, and elsewhere and abideth green all the Winter.

Spleen: strangury Stone, yellow jaundice, running of the Reins, melancholly diseases.

Virtues and Use. It is generally used against infirmities of the Spleen, it helpeth the Strangury, and wasteth the stone in the bladder, and is good against the yellow Jaundice and the hiccough, but the use of it in women hindreth Conception. Mathiolus saith, that if a dram of the dust that is on the back-side of the Leaves be mixed with half a dram of Amber in pouder, and taken with the juyce of Purslan or Plantan, it will help the running of the reins speedily, and that the herb and root being boiled and taken helpeth all melanchollick diseases, and those especially that arise from the French disease. Camerarius saith, that the distilled water thereof being drunk is very effectual against the stone in the reins and bladder; and that the

the Lye that is made of the ashes thereof being drunk for some time together, helpeth splenetick persons. It is used in outward remedies for the same purpose.

Star-thistle.

Descri-ption. THe common Star-thistle hath divers long and narrow Leaves lying next the ground, cut or torn on the edges somewhat deeply into many almost even parts, soft or a little woolly all over the green, among which rise up divers weak stalks parted into many branches all lying or leaning down to the ground, that it seemeth a pretty bush, set with divers the like divided Leaves up to the tops, where severally do stand long and small whitish green heads, set with very sharp and long white pricks, (no part of the Plant being else prickly) which are somewhat else yellowish: out of the middle whereof riseth the flower composed of many small reddish purple threds, and in the heads after the flowers are past come small whitish round seed lying in down, as others do. The Root is small, long, and woody, perishing every year, and rising again of its own sowing.

Place. It groweth wilde in the fields about London in many places as at Mile-end-green, in Finsbury fields beyond the Winde-mils, and many other places.

Time. It flowreth early, and seedeth in July, and sometimes in August.

Virtues and use. The seed of this Star-thistle made into powder and drunk in Wine provoketh urine, and helpeth to break the stone, and drive it forth. The Root in powder and given in Wine and drunk is good against the Plague or Pestilence, and drunk in the manner aforesaid for some time together is very profitable for a fistula in any part of the body. Baptista Sardus doth much commend the distilled water hereof being drunk, to help the French disease, to open Obstructions of the Liver and cleanse the blood from corrupted humors and is profitably given against quotidian and tertian Agues.

Provoketh urine, Stone, plague, fistula, French Pox. obstructions, agues.

Strawberries.

THese are so well known through this Land, that they need no description.

Time. They flower in May ordinarily, and the fruit is ripe in July after.

Virtues and use. Strawberries when they are green are cold and dry, but when they are ripe they are cold and moist: the berries are excellent good to cool the Liver, the blood, and the Spleen, or an hot choler: which is much to refresh and comfort the fainting spirits, and to quench thirst: they are good also for other inflammations; yet it is not amiss to refrain them in a Feaver,

Cool the Liver, phlegm & stomach, quench thirst, inflammations,

left by their putrefying in the ſtomach they increaſe the fits. The Leaves and Roots boiled in Wine and Water and drunk do likewiſe cool the Liver and bloud and aſſwage all Inflammations in the reins and bladder, provoketh urine, and allayeth the heat and ſharpneſs thereof; the ſame alſo being drunk ſtayeth the bloudy flux, and womens Courſes, and helpeth the ſwellings of the Spleen. The water of the berries carefully diſtilled is a ſovereign remedy and Cordial in the panting and beating of the heart, and is good for the yellow Jaundice. The juyce dropped into foul ulcers, or they waſhed therewith, or the Decoction of the herb and root doth wonderfully cleanſe and help to cure them. Lotions and Gargles for ſore mouths or ulcers therein, or in the privy parts, or elſewhere, are made with the Leaves and Roots hereof; which is alſo good to faſten looſe teeth, and to heal ſpungy foul gums. It helpeth alſo to ſtay Catarrhs or defluxions of rheum into the mouth, throat, teeth or eys; the juyce or water is ſingular good for hot and red inflamed eys, if dropped into them, or they bathed therewith. It is alſo of excellent property for all puſhes, wheals, and other breakings forth of hot and ſharp humours in the face and hands, or other parts of the body, to bath them therewith: and to take away any redneſs in the face, or ſpots, or other deformities in the skin, and to make it clear and ſmooth. Some uſe this medicine. Take ſo many Strawberries as you ſhall think fitting, and put them into a Diſtillatory (or body of glaſs fit for them, which being well cloſed, ſet it in a bed of Horſe-dung for twelve or fourteen days, and afterwards diſtill it carefully and keep it for your uſe. It is an excellent water for hot inflamed eys, and to take away any film or skin that beginneth to grow over them, and for ſuch other defects in them as may be helped by any out ward medicine.

Provoke urine, ſtops. bloudy flux, womens Courſes, panting of the Heart, yellow jaundice, ulcers, ſore mouths ulcers in the privities, looſe teeth catarrhs, defluxion inflamed Eyes, puſhes, wheals, red face, deformities in the skin, films over the eys.

Venus owns the herb.

Succory.

Deſcription. THe Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the edges, and the Root abideth many years. It beareth alſo blue flowers like Endive, and the ſeed is hardly diſtinguiſhed from the ſeed of the ſmooth or ordinary Endive.

The wilde Succory hath divers long Leaves lying on the ground very much cut in or torn on the edges, on both ſides even to the middle rib ending in a point; ſometimes it hath a red rib down to the middle of the Leaves, from among which riſeth up a hard, round, woody ſtalk ſpreading into many branches, ſet with ſmaller and leſſer divided Leaves on them up to the tops where ſtand the flowers, which are like the Garden-kinde as the ſeed is alſo (onely take notice that the

the flowers of the Garden kinde are gone in one funny day, they being fo cold that they are not able to endure the beams of the fun; and therefore moft delight in the fhadow.) The Root is white, but more hard and woody than the Garden kinde: The whole plant is exceeding bitter.

Place. This groweth in many places of our Land, in wafte, untilled, and barren fields. The other onely in Gardens.

choller ick and flegmatick humours. Obftructions. yellow Jaundice. hot reins & Urine. Dropfie. Agues. Paffions of the heart. Head-ach. Swellings and Inflammations. S. Anthonies fire. pufhes Wheals and pimples inflamed Eyes. Too much milk.

Virtues and Ufe. Garden Succory as it is more dry and lefs cold than Endive, fo it openeth more: a handful of the leaves, or Roots boyled in Wine, or water and a draught thereof drunk faring, driveth forth Choller ick and Flegmatick humours, openeth obftructions of the Liver, Gall, and Spleen, helpeth the yellow Jaundice, the heat of the Reins and of the Urine, the Dropfie alfo, and thofe that have an evil difpontion in their bodies, by reafon of long ficknefs, evil diet, &c. which the Greeks call [Cachexia.] A decoction thereof made with Wine and drunk, is very effectual againft long lingring Agues: and a dram of the Seed in pouder drunk in Wine before the Fit of an Ague, helpeth to drive it away: The diftilled water of the Herb and flowers (if you can take them in time) hath the properties, and is efpecial good for hot ftomachs, and in Agues, either Peftilential, or of long continuance, for fwownings and paffions of the heart, for the heat and Head-ach in Children, and to the bloud and liver. The faid water, or the juyce, or the bruifed leaves applied outwardly, allayeth fwellings, Inflammations, S. Anthonies fire, Puhes, Wheals, and Pimples, efpecially ufed with a little Vineger, as alfo to wafh peftiferous fores. The faid water is very effectual for fore eyes, that are inflamed with rednefs, and for Nurfes breafts that are pained by the abundance of milk.

The wilde Succory as it is more bitter, fo it is more ftrengthning to the ftomach and Liver.

Engliſh Tobacco.

Deſcription. THis rifeth up with a thick round ſtalk about two foot high, whereon do grow thick fat green leaves, nothing ſo large as the other Indian kindes, ſomewhat round pointed alſo, and nothing dented about the edges: The ſtalk brancheth forth, and beareth at the tops divers flowers ſet in green husks like the other, but nothing ſo large ſcarce ſtanding above the brims of the husks round pointed alſo, and of a greeniſh yellow colour. The Seed that followeth is not ſo bright, but larger contained in the like great heads. The Roots are neither ſo great, nor woody, and periſhing every year with the hard froſts in Winter but riſeth generally of its own ſowing.

Place. This came from ſome parts of Braſſile as is

thought, and is more familiar to our Countrey, than any of the other sorts, early giving ripe Seed, which the others seldom do.

Time. It flowereth from June sometimes to the end of August, or later, and the Seed ripeneth in the mean time.

Tough Flegm, Worms, Meagrim Pains in the bowels, Gravel and Stone, Winde, Mother, Toothach, Kings Evil, Venomous Creature, Ague, Cramps & aches, Sciatica, Itch Scabs & Ulcers, Cankers and foul sores, Lice, Fresh Wounds, Old sores, Impostumes and hard swellings.

Virtues and Use. It is found by good experience to be available to expectorate tough Flegm from the stomach, Chest, and Lungs: The juyce thereof made into a Syrup, or the distilled water of the Herb drunk with some sugar, or without if you will: or the smoke taken by a pipe as usual, but fasting. The same helpeth to expell Worms in the stomach or belly, and to ease the pains in the head, or Meagrim, and the griping pains in the bowels: it is profitable for those that are troubled with the stone in the Kidneys, both to ease pains and by provoking Urine to expell Gravel & the stone ingendred therein, and hath been found very effectual to expell windinesse and other humours, which cause the strangling of the Mother: the Seed hereof is very effectual to help the Tooth-ach, and the ashes of the burnt Herb, to cleanse the Gums, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings Evil (as they call it) helpeth it in nine or ten days effectually: Monardus saith, it is a Counter-poyson for the biting of any venomous Creature; the Herb also being outwardly applied to the hurt place: the distilled water is often given with som. Sugar before the Fit of an Ague to lessen them. and take them away in three or four times using. If the distilled fleces of the Herb having been bruised before the distillation, and not distilled dry be set in warm dung for fourteen days, & afterwards hung up in a bag in a wine Celler, that liquor that distilleth therefrom is singular good to use for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers, and foul Sores whatsoever: the juyce is also good for all the said griefs, and likewise to kill Lice in childrens heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound, or cut whereof ever: and the juice put into old Sores both cleanseth and healeth them. There is also made hereof a singular good Salve to help Impostumes, hard Tumours, and other swellings by blows, or falls.

The Tamarisk-Tree.

Spleen, Hemorrhoids Spitting blood, Womens Courses,

THis is so well known in the places where it grows that it needeth no description.

Time. It flowereth about the end of May, or in June, and the Seed is ripe and blown away in the beginning of September.

Virtues and Use. If the Root, leaves, or young branches be boyled in Wine, or Vineger and drunk, and

and applied outwardly, it is very powerfull against the hardness of the Spleen. The leaves boyled in Wine and drunk is good to stay the bleeding of the Hemorrhoidal Veins, the spitting of blood, and womens too abounding Courses, and helpeth the Jaundice, the Cholick, and the bitings of all venomous Serpents, except the Asp. The bark is as effectual if not more to all the purposes aforesaid; and both it and the leaves boyled in Wine, and the Mouth and Teeth washed therewith helpeth the Tooth-ach; being dropped into the ears easeth the pains, and is good for the redness and watering of the eyes. The said decoction with some Honey put thereto is good to stay Gangrenes and fretting Ulcers, and to wash those that are subject to Nits and Lice. The wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof is good for splenetick persons. The ashes of the wood are used for all the purposes aforesaid, and besides doth quickly help the Blisters raised by burnings, or scaldings, by fire or water. Alpinus and Vesslingius do affirm, that the Egyptians do with as good success use the wood hereof to cure the French disease, as others do Lignum Vite or Guiacum; and give it also to such as are possessed with Lepry, Scabs, Pushes, Ulcers, or the like, and is available also to help the Dropsie, arising from the hardness and obstruction of the Spleen, as also for Melancholly, and the black Jaundice that ariseth thereof.

Jaundice, cholick, venomous Serpents, Tooth-ach, Pain in the Ears, watering Eyes, gangrens, Ulcers, Nits and Lice, Spleen, Burnings, scalding, French Pox, Lepry & Scabs, Dropsie, Melancholly, Black jaundice.

Garden Tansie.

THis also is so well known that it needeth no description.

Time. It flowereth in June and July.

Virtues and Use. The decoction of the common Tansie, or the juyce drunk in Wine is a singular remedy for all the griefs that come by stopping of the Urine, helpeth the Strangury and those that have weak Reins and Kidneys: it is also very profitable to dissolve and expell winde in the stomach, belly, or bowels, to procure Womens Courses, and expell windiness in the Matrix. If it be bruised and often smelled unto, as also applied to the lower part of the belly, it is very profitable for such Women as are given to miscarry in Childe-bearing, to cause them to go out their full time: it is used also against the Stone in the Reins especially to men. The Herb fried with Eggs (as is accustomed in the Spring time) which is called a Tansie, helpeth to digest, and carry downward the bad humours that trouble the stomach: the Seed is very profitably given to Children for the Worms and the juyce in drink is as effectual. Being boyled in Oyl it is good for the Sinews shrunk by Cramps, or pained with cold, if thereto applied.

Disease Strangury, Reins, Kidneys, Winde, womb, Miscarriage, Stone, Stomach, worms, Cramps.

Dame Venus was minded to pleasure women with childe by this herb, for there grows not an herb fitter for their uses than this is, it is just as though it were cut out for the purpose, the herb bruised and applied to the Navel stays miscarriage, I know no herb like it for that use; boiled in ordinary Beer, and the Decoction drunk doth the like, and if her womb be not as she would have it, or at least as she should have it; let those women that desire Children love this herb, it is their best Companion, their Husband excepted. Also it consumes the humours, the cold and moist constitution of Winter most usually infects the body of man with, and that was the first reason of eating of Tansies in the Spring, at last the world being over-run with Popery, a Monster called Superstition perks up his head, and as a just judgment of God obscures the bright beams of knowledg by his dismal looks, (Physicians seeing the Pope and his Imps selfish they began to be so too) and now forsooth Tansies must be eaten onely on Palm and Easter Sundays, and their neighbour days; at last Superstition being too hot to hold, and the selfishness of Physicians walking in the clouds, after the Friers and Monks had made the people ignorant, the Superstition of the Time was found out, but the virtues of the herb hidden, and now it is almost if not altogether left off. Surely our Physicians are beholding to none so much as they are to Monks and Friers, for want of eating this herb in Spring, make people sickly in Summer, and that makes work for the Physician. If it be against any man or womans conscience to eat a Tansie in the Spring, I am as unwilling to burden their consciences as I am that they should burden mine, they may boil it in Wine and drink the Decoction, it will work the same effect.

Wilde Tansie or Silver-weed.

THis also is so well known that it needeth no description.

Place. It groweth almost in every place.

Time. It flowreth in June and July.

Virtues and use. Wilde Tansie stayeth the Lask, and all fluxes of blood in men or women, which some say it will do if the green herb be worn in the shoos, for it be next the skin, and it is true enough that it will stop the Terms if worn so, and the whites too for ought I know. It stayeth also spitting or vomiting of blood. The powder of the dried herb taken in some of the distilled water helpeth the Whites in women, but more especially if a little Corall and Ivory in powder be put to it: it is also much commended to help children that are bursten, & have a rupture being boiled in water & salt boiled in wine & drunk, it easeth the griping pains of the bowels, and is good for the Sciatica and Joint-aches. The same boiled in Vineger with Honey and

Flux, terms, lask, spitting blood vomiting of blood, whites, ruptures, belly-ach, sciatica, joints,

ted Allum, and gargled in the mouth, eaſeth the pains of the tooth-ach, faſteneth looſe teeth, helpeth the gums that are ſore, and ſettleth the pallat of the mouth in its place when it is fallen down: it cleanſeth and healeth the ulcers in the mouth or ſecret parts, and is very good for inward wounds, and to cloſe the lips of green wounds; as alſo to heal old, moiſt, corrupt, running ſores in the Legs or elſewhere: being bruiſed and applied to the ſoles of the feet, and the hand-wriſts, it wonderfully cooleth the hot fits of Agues, be they never ſo violent. The diſtilled water cleanſeth the skin of all diſcolourings therein, as Morphew, Sun-burning, &c. as alſo pimples, freckles, and the like; and dropped into the eys, or cloaths wet therein and applied, taketh away the heat and inflammation in them.

tooth-ach looſe teeth gums, ulcers in the mouth, wounds, ſore legs, pimples, freckles, ſun-burning.

Now Dame Venus hath fitted women with two herbs of one name, one to help Conception, the other to maintain beauty, and what more can be expected of her? What now remains for you but to love your husbands, and not to be wanting to your poor neighbours.

Thiſtles.

OF theſe there are many kindes growing here in England, which are ſo well known that they need no deſcription: their difference is eaſily known by the places where they grow, viz.

Place. Some grow in fields, ſome in meadows, and ſome among the Corn: others on Heaths, Greens, and waſte grounds in many places.

Time. They all flower in July and Auguſt, and their ſeed is ripe quickly after.

Virtues and Uſe. All theſe Thiſtles are good to provoke urine, and to amend the ſtinking ſmell thereof; as alſo the rank ſmell of the arm-pits, or of the whole body, being boiled in Wine and drunk, and are ſaid alſo to help a ſtinking breath, and to ſtrengthen the ſtomach. Pliny ſaith, that the juyce bathed on the place that wanteth hair, it being fallen off, will cauſe it to grow again ſpeedily.

Diſeaſes ill ſmell, ſtinking breath, ſtomach.

Sure Mars rules it, it is ſuch a prickly buſineſs.

The Melancholly Thiſtle.

Deſcription. THis riſeth up with a tender ſingle hoary green ſtalk, bearing thereon four or five long hoary green Leaves, dented about the edges, the points whereof are little or nothing prickly, and at the top uſually but one head, yet ſometimes from the boſom of the uppermoſt leaf there ſhooteth forth another ſmaller head, ſcaly and ſomewhat prickly, with many reddiſh purple thrums or threds in the middle, which being

ing gathered fresh will keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the seed, which is of a mean bigness lying in the doun: the Root hath many long strings fastned to the head or upper part, which is blackish, and perisheth not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath; and the stalk being about two foot high beareth but one large scaly head, with threds and seeds as the former.

Place. They grow in many moist meadows of this Land, as well in these Southern as in the Northern parts.

Time. They flower about July or August, and their seed ripeneth quickly after.

Virtues and Use. Their virtues are but few, but those not to be despised, for the Decoction of the Thistle in Wine being drunk, expels superfluous melancholly out of the body, and make a man as merry as a Cricket, superfluous melancholly causeth care, fear, sadness, despair, envy, and many evils more besides, but Religion teacheth to wait upon Gods providence, and cast our care upon him, who careth for us; what a fine thing were it if men and women could live so! and yet seven years care and fear makes a man never the wiser, nor a farthing the richer. Dioscorides saith, the Root born about one doth the like, and removes all diseases of melancholly. Modern Writers laugh at him, let them laugh that wins, my opinion is, that it is the best remedy against all melancholly diseases that grows, they that please may use it: it is under Capricorn, and therefore under both Saturn and Mars, one rids melancholly by Sympathy, the other by Antipathy.

Melancholly.

Our Ladies Thistles.

Description. THis hath divers very large and broad Leaves lying on the ground, cut in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and strakes of a milky white colour, running all over, and set with many sharp and stiff prickles all about; among which rise up one or more strong, round, and prickly stalks, set full of the like Leaves up to the top, where at the end of every branch cometh forth a great prickly Thistle like a head, strongly armed with pricks, and with bright purple thrums rising out of the middle of them; after they are past, the seed groweth in the said heads, lying in a great deal of soft white doun, which is somewhat flattish and shining, large and brown. The Root is great, spreading in the ground, with many strings, and small fibres fastned thereto. All the whole Plant is bitter in taste.

Place

Place. It is frequent on the bank of almost every ditch.

Time. It flowereth and seedeth in June, July, and Aug.

Virtues and Use. Our Ladies Thistle is thought to be as effectual as Carduus Benedictus for Agues, and to prevent and cure infection of the Plague, as also to open Obstruction of the Liver and Spleen, and thereby is good against the Jaundice, it provoketh urine, breaketh and expelleth the stone, and is good for the Dropsie, it is effectual also for the pains of the sides, and many other inward pains and gripings: the seed and distilled water are held powerful to all the purposes aforesaid and besides it is often applied both inwardly to drink, and outwardly with Cloaths or Sponges to the Region of the Liver to cool the distemperature thereof, and to the Region of the Heart against swoonings and passions of it. *Agues, plague, obstructions Liver, spleen, stone, dropsie, pricks in the sides, Liver, &c.*

It cleanseth the blood exceedingly, and in Spring if you please to boil the tender Plant, (but cut off the prickles, unless you have minde to choak your self) it will chang your blood as the season changes. and that is the way to be safe, as to change as the times change is the way to live secure, and that Flatterers and Weather-cocks know well enough.

The woolly, or Cotton-thistle.

Description. THis hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges of a green colour on the upper side, but covered over with a long hairy woolly or cottony coat, set with most sharp and cruel pricks, from the middle of whose heads of flowers come forth many purple crimson threds, and sometimes white, although but seldom: the seed that followeth in these white downy heads is somewhat large, long, and round, resembling the seed of Ladies-thistle, but paler: the Root is great and thick, spreading much, yet usually dieth after seed-time.

Place. It groweth on divers Ditch-banks, and in the Corn-fields and High-ways, generally throughout the Land, and is often found growing in Gardens.

Time. It withereth and beareth seed about the end of Summer, when other Thistles do flower and seed.

Virtues and Use. Dioscorides and Pliny write, that the Leaves and Roots hereof taken in drink, helpeth those that have a Crick in the neck, that they cannot turn it unless they turn their whole body. Galen saith, that the Root and Leaves hereof are good for such persons that have their bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the Rickets, (for as the Colledg of Physicians would have it, the Rachites, about which name they have quarrelled sufficiently) in children; being a

eaſe that hindreth their growth, by binding their nerves, ligaments, and whole ſtructure of their body.

The Fullers thiſtle, or Teaſel.

THis is ſo well known that it needeth no deſcription, being uſed by the Cloath-workers.

The wilde Teaſel is in all things like the former but that the prickles are ſmall, ſoft, and upright, not hooked or ſtiff; and the flowers of this are of fine bluſh or pale Carnation-colour, but of the manured kinde whitiſh.

Place. The firſt groweth being ſown in Gardens or fields for the uſe of Cloath-workers; the other near Ditches and Gills of water in many places of this Land.

Time. They flower in July, and are ripe in the end of Auguſt.

Virtues and uſe. Dioſcorides ſaith, that the Root bruiſed and boiled in Wine untill it be thick, and kept in a braſen veſſel or pot, and after ſpread as a Salve, and applied to the fundament, doth heal the cleſts thereof, as alſo Cankers and fiſtulaes therein, as alſo Warts and Wens: the juyce of the Leaves dropped into ears killeth worms in them. The diſtilled water of the Leaves dropped into the eys taketh away redneſs and miſts in them that hinder the ſight; and is often uſed by women to preſerve their beauty, and to take away redneſs and Inflammations, and all other heat or diſcolourings.

Treacle Muſtard.

Deſcription. THis riſeth up with a hard round ſtalk about a foot high; parted into ſome branches, having divers ſoft green Leaves ſomewhat long and narrow ſet thereon, waved, but not cut in on the edges, broadeſt towards the ends, and ſomewhat round-pointed: the flowers are white that grow at the tops of the branches, ſpike-fashion one above another, after which come large round pouches, parted in the middle with a furrow, having one blackiſh brown ſeed in either cell, ſomewhat ſharp in taſte, and ſmelling of Garlick eſpecially in the fields where it is natural, but not ſo much in Gardens: the Roots are ſmall and threddy, periſhing every year. And here give me leave to add Methridate Muſtard, although it may ſeem more properly by the name to belong to the Alphabet M.

Methridate Muſtard.

THis grow eth higher than the former, ſpreading more and longer branches, whoſe Leaves are ſmaller and nar

narrower, sometimes unevenly dented about the edges; the flowers are small and white, growing on long branches, with much smaller and rounder seed-vessels after them, and parted in the same manner, having smaller brown seed than the former, and much sharper in taste: the Root perisketh after seed-time, but abideth the first Winter after the springing.

Place. They grow in sundry places of this Land, as half a mile from Hatfield by the River-side under a hedg as you go to Hatfield, and in the street of Peckham on Surry-side.

Time. They flower and seed from May to August.

Virtues and Use. These Mustards are said to purge the body both upwards and downwards, and procureth womens Courses so abundantly, that it suffocateth the birth. It breaketh inward Imposthumes being taken inwardly, and used in Clisters helpeth the Sciatica; the seed applied outwardly doth the same. It is an especial Ingredient unto Methridate and Treacle, being of it self an antidote resisting poyson, venom, and putrefaction. It is also available in many causes for which the common Mustard is used.

The Black-thorn, or Slo-bush.

This is so well known that it needeth no description.

Place. It groweth in every place and Countrey, in the hedges and borders of fields.

Time. It flowreth in April, and sometimes in March, but ripeneth the fruit after all other Plums whatsoever, and is not fit to be eaten untill the Autumn frost have mellowed it.

Virtues and Use. All the parts of the Slo-bush are binding, cooling, and drying, and all effectual to stay bleeding at the nose and mouth, or any other place; the Lask of the belly, or stomach, or the bloudy flux, the too-much abounding of womens Courses, and helpeth to ease the pains in the sides, bowels, and guts, that come by over-much scowring, to drink the decoction of the Bark of the Roots, or more usually the decoction of the berries either fresh or dried. The Conserve is also of very much use, and most familiarly taken for the purposes aforesaid. But the distilled water of the flowers first steeped in Sack for a night, and drawn there-from by the heat of Balneum Anglice-abaths, is a most certain remedy tried and approved to ease all manner of gnawings in the stomach, the sides, and bowels, or any griping pains in any of them, to drink a small quantity when the extremity of pain is upon them: the Leaves also are good to make Lotions, to gargle and wash the mouth and throat, wherein are swellings, sores or kernels, and to stay the defluxions of rheum to the eys, or other parts, as also to cool the heat and inflammations in them, and to ease hot pains of the head, to bath the forehead and temples there-

Binders, cools, dryes, bleeding, flux, bloudy flux, gnawing bowels, stomach, sore mouths, throat, head ach

with. The simple distilled waters of the flowers is very effectual for the said purposes, and is the condensate juyce of the Sloes. The distilled water of the green berries is used also for the said effects.

Thoroughwax.

Descri-ption. THe common Thoroughwax sendeth forth one straight round stalk, and sometimes more two foot high and better, whose lower Leaves being of a bluish green colour are smaller and narrower than those up higher, and stand close thereto, not compassing it, but as they grow higher they do more and more encompass the stalk, untill it wholly (as it were) pass through them branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any joynt: the flowers are very small and yellow, standing in tufts at the heads of the branches, where afterwards grow the seed, small and blackish, many thick thrust together: the Root is small, long, and woody, perishing every year after seed-time, and rising again plentifully of its own sowing.

Place. It is found growing in many Corn-fields and Pasture-grounds in this Land.

Time. It flowreth in July, and the seed is ripe in August.

Bruises, wounds, ulcers,

Virtues and Use. Thoroughwax is of singular good use for all sorts of bruises and wounds either inward or outward, and old ulcers or sores likewise, if the Decoction of the herb with water or wine be drunk, and the places washed therewith, or the juyce or green herb bruised or boiled either by it self, or with other herbs in Oyl or Hogs-grease, to be made into an Ointment to serve all the year. The Decoction of the herb, or the powder of the dried herb taken inwardly, and the same or the green Leaves bruised and applied outwardly, is singular good to cure ruptures and burstings, especially in children, before it be too old. Being also applied with a little flour and wax to childrens navels that thick forth it helpeth them.

Ruptures, new ly falling out.

Tormentil.

Descri-ption. THis hath many reddish slender weak branches rising from the Root, lying upon the ground, or rather leaning or standing upright, with many short Leaves that stand closer to the stalks than Cinkfoil doth (which this is very like) with the foot-stalk incompassing the branches in several places, but those that grow next to the ground are set upon long foot-stalks, each whereof are like the Leaves of Cinkfoil, but somewhat longer and lesser, and dented about the edges, many of them divided but into five Leaves.

bb.

but most of them into sevens, whence it is also called Setfoil; yet some may have six, and some eight, according to the fertility of the soil. At the tops of the branches stand divers small yellow flowers consisting of five Leaves, like those of Cinkfoil, but smaller. The Root is smaller than Bistort, somewhat thick, but blacker without, and not so red within, yet sometimes a little crooked, having many blackish fibres thereat.

Place. It groweth as well in woods and shadowy places, as in the open champion-countrey, about the borders of fields in many places of this Land, and almost in every Broom-ried in Essex.

Time. It flowreth all the Summer long.

Virtues and Use. Tormentil is most excellent to stay all kinde of fluxes of blood or humours in man or woman, whether at nose, mouth, belly, or any wound in the veins or elsewhere. The juyce of the herb or root taken in drinks, not onely resisteth all poyson and venom of any creature, but of the Plague it self, and pestilential Feavers, and contagious diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the heart by sweating, if the green root be not at hand to be had, the pouder of the dry root is as effectual, a dram thereof being taken every morning. The decoction likewise of the herbs and roots made in wine and drunk worketh the same effect: and so doth the distilled water of the herb and root being steep'd in wine for a night, and then distilled in Balneo Mariæ. This water thus distilled taken with some Venice-treacle, and the party presently laid to sweat will certainly (with Gods help) expell any venom or poyson, or the Plague, Feavers, &c. for it is an Ingredient of especial respect in all Antidotes and counter-poysons. There is not found any Root more effectual to help any flux of the belly, stomach, spleen, or bloud than this, to be taken inwardly, or applied outwardly. The juyce taken doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the yellow Jaundice. Some use to make Cakes hereof as well to stay all fluxes as to restrain all cholerick belchings, and much vomitings with loathings in the stomach. The pouder of the dried Root made up with the white of an Egg and baked upon a hot Tile will do it.

Andreas Vesalius is of opinion, that the Decoction of this Root is no less effectuall to cure the French Pox, than Guajacum, and China; and it is not unlikely, because it so mightily resisteth putrefaction. Lobel saith, that Rondelitius used it as Hermodactils for joynt-aches. The pouder also or decoction to be drunk or to sit therein as a bath is an allured remedy against abortion in women, if it proceed from the over fluxibility or weakness of the inward retentive faculty: as also a Plaister made therewith and Vineger applied to the reins of the back doth much help not onely this but also those that cannot hold their water, the pouder

Diabetes, worms, ruptures. being taken in the juyce of Plantan; and it is also commended against the worms in children. It is very powerfull in ruptures and burstings; as also for bruises and falls, to be used as well outward as inwardly. The *tooth ach* Root hereof made up with Pellitory of Spain and Allum, and put into a hollow Tooth, not onely asswageth the pain, but stayeth the flux of humours which caused it: Tormentil is no less effectual and powerfull a remedy for outward wounds, sores, and hurts, than for inward, and is therefore a special Ingredient meet to be used in all wound-drinks, Lotions, and Injections for foul corrupt rotten sores and ulcers of the mouth, secrets, or other parts of the body: and to put either the juyce or pouder of the Root into such Ointments, Plaisters, and such things that are to be applied to wounds and sores: it also dissolveth all knots, kernels, and hardness gathered about the ears, the throat, and jaws, and the Kings Evil, if the Leaves and Roots be bruised and applied thereto: the same also easeth the *gout.* pains of the Sciatica and hip-gout, by restraining the sharp humours that flow thereto. The juyce of the Leaves and Roots used with a little Vineger, is also a *scabby heads.* special remedy against the running sores of the head or other parts, Scabs also, and the Itch, or any such eruptions in the skin proceeding of salt and sharp humours: the same also is effectual for the Piles or Hemorrhoids if they be washed and bathed therewith, or with the distilled water of the herb and roots. It is found also helpfull to dry up any sharp rheum that distilleth from the head into the eys, causing redness, pain, waterings, itchings, or the like, if a little prepared Tutia, or white Amber be used with the distilled water hereof. Many women use this water as a secret to help themselves and others when they are troubled with the too much flowing of the Whites or Reds both to drink it, and inject it with a Syringe. And here is enough, onely remember, the Sun challengeth the herb.

Turnsole, or Heliotropolium.

Description. THe greater Turnsole riseth up with one upright stalk about a foot high or more, dividing it self almost from the bottom into divers smaller branches of a hoary colour: at each joynt of the stalk and branches grow two small broad Leaves somewhat white or hoary also: at the tops of the stalks and branches stand many small white flowers consisting of four & somtimes five very small Leavs, set in order one above another, upon a small crooked spike which turneth inwardslike a bowed finger, opening by degrees as the flowers blow open; after which in their places come small cornered seed, four for the most part standing together. The Root is small and threddy, perishing every year, and the seed shedding every year, raised again the next Spring.

Place. It groweth in Gardens, and flowereth and seedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain, and France, where it groweth plentifully.

Virtues and Use. Dioscorides saith, that a good handfull of this, which is called the greater Turnsole, boyled in water and drunk, purgeth both Choller and Flegm: and boyled with Cummin and drunk, helpeth the Stone in the Reins, Kidneys, or Bladder, provoketh Urine and Womens Courses, and causeth an easie and speedy delivery in Childe-birth. The leaves bruised and applied to places pained with the Gout, or that have been out of joynt and newly set are full of pain, do give much ease. The Seed, and the juyce of the leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the face, eyelids, or any other part of the body, will by often using take them away.

choller, Flegm, Stone, Disury, Terms provokes, Gout, VVarts, wens, Disjunctures.

It is an Herb of the Sun, and a good one too.

Meadow Trefoyl, or Honeysuckles.

THese are so well known, especially by the name of Honeysuckles, white and red, that I need not describe them.

Place. They grow almost every where in this Land.

Virtues and Use. Dodoneus saith, The leaves and flowers are good to ease the griping pains of the Guts, the Herb being boyled and used in a Clyster: if the Herb be made into a Pultis and applied to Inflammations, it will ease them. The juyce dropped into the eyes is a familiar Medicine with many Countrey people to take away the Pin and Web (as they call it) in the eyes it also allayeth the heat and blood-shooting of them: Countrey people do also in many places drink the juyce hereof against the biting of an Adder, and having boyled the Herb in water, they first wash the place with the decoction, and then lay some of the Herb also to the hurt place. The Herb also boyled in Swines grease and so made into an Oyntment is good to apply to the biting of any venomous Creature. The Herb also bruised & heated between two Tiles, and applied hot to the share, causeth them to make water who had it stopped before: it is held likewise to be good for Wounds, and to take away Scars. The decoction of the Herb and flowers with the Seed and Root taken for some time, helpeth Women that are troubled with the Whites. The Seed and flowers boyled in water, and after made into a Pultis with some Oyl and applied, helpeth hard swellings and Imposthumes.

Belly-ach, Inflammations, Pin and web, Eyes, venomous beasts, Disury, wounds, Scars, whites, swellings, imposthumes.

Of Trefoyl, or three leaved grass, there are very many sorts described by Authours, but one I have found out which I never read of, the leaf is but small and it beareth a small yellow flower, in the midst of

each leaf of the Herb, is a perfect picture of a heart in red colour, it grows plentifully in a field between Longford and Bowe, also I found one Root in the high-way between Hadwel and Rumford, in Essex: as also another in the high-way between Horn-Church and Upminster in the same County, the taste is something more hot and spicy than the taste of the rest is.

Tutsan, or Park leaves.

Descri-ption. THis hath many brownish shining round stalks, crested all the length thereof, rising to be two and sometimes three foot high, branching forth even from the bottom, having divers joynts, and at each of them two fair large leaves standing, of a dark bluish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the branches all the Winter: At the tops of the stalks and branches stand large yellow flowers, and heads with Seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple colour when they are through ripe, with small brownish Seed within them, and then yield a reddish juyce, or liquour, of a reasonable good scent, somewhat resinous, and of an harsh, or stiptick taste, as the leaves also and the flowers be, although much less, but do not yield such a clear Claret-wine liquour as some say it doth: the Root is brownish, somewhat great, hard, and woody, spreading well in the ground.

Place. It groweth in many Woods, Groves, and woodly grounds, as Larks and Furrets, and by hedgesides in many places of this Land, as in Hansted Wood, by Rainey in Essex, in the wilde of Kent, and in many other places needless to recite.

Time. It flowereth later than S. Johns, or S. Peters wort.

Choller. Sciatica, Gout; burnings bleeding, Wounds Ulcers

Virtues and Use. Tutsan purgeth Chollerick humours, as S. Peters wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: it stayeth also the bleeding of Wounds, if either the green herb be bruised, or the powder of the dry be applied thereto. It hath been accounted and certainly is a sovereign Herb to heal any Wound, or sore, either outwardly or inwardly, and therefore always used in drinks, Lotions, Balms, Oyls, Oyntments for any sort of green Wound, or old Ulcers and Sores, in all which the continual experience of former ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physicians and Chirurgeons were so wise as to use Herbs more than now they do.

It is an Herb of Saturn and a most noble Antivenerian.

Gar-

Garden Valerian.

Description. THis hath a thick short grayish Root, lying for the most part above ground, shooting forth on all sides other such like small pieces, or roots, which have all of them many long and great strings, or fibres under them in the ground, whereby it draweth nourishment. From the heads of these Roots spring up many green leaves, which at first are somewhat broad and long without any division at all in them, or denting on the edges, but those that rise up after are more and more divided on each side, some to the middle rib, being winged, as made of many leaves together on a stalk, and those upon the stalk in like manner are more divided but smaller towards the top than below: the stalk riseth to be a yard high, or more, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small, brownish white Seed, that is easily carried away with the winde. The Root smelleth more strong than either leaf, or flower, and is of more use in Medicine.

Place. It is generally kept with us in our Gardens.

Time. It flowereth in June, and July, and continueth flowering untill the frosts pull it down.

Virtues and Use. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink, it provoketh Urine, and helpeth the Strangury: the decoction thereof taken doth the like also, and taketh away pains of the sides, provoketh Women's Courses, and is used in Antidotes. Pliny saith, that the pouder of the Root given in drink, or the decoction thereof taken helpeth all stoppings and strangulings in any part of the body, whether they proceed of pains in the Chest, or sides, and taketh them away. The Root of Valerian boyled with Licoris, Raisons, and Annis-seed is singular good for those that are short winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten, or stung by any venomous Creature, being boyled in Wine. It is of especial virtue against the Plague, the decoction thereof being drunk, and the root being used to smell unto; it helpeth also to expell the winde in the belly. The green Herb with the Root taken fresh, being bruised and applied to the head taketh away the pains, and prickings therein, stayeth Rheums and thin distillations, and being boiled in white Wine, and the drop thereof put into the eye, taketh away the dimness of the sight, or any Pin or Web therein: it is of excellent property to heal any inward Sores, or Wounds, as also for outward Hurts or Wounds, and draweth any Splinter, or Thorn out of the flesh.

Disury, Strangury, Stitch, Terms provokes, breast,

short Wind, Cough, Flegm, pestilence winde,

Headach, Eyes, Pin and Web, Wounds, Splinters, Thorns,

Vervain.

Deſcription. The common Vervain hath ſomewhat long and broad leaves next the ground, deeply gaſhed about the edges and ſome onely ſlightly dented, or cut all alike, of a blackiſh green colour on the upper ſide, and ſomewhat gray underneath: the ſtalk is square branched into ſeveral parts, riſing about two foot high, eſpecially if you reckon the long ſpike of flowers at the tops of them, which are ſet on all ſides one above another, and ſometimes two or three together, being ſmall and gaping, of a purpliſh blue colour, and white intermixt, after which come ſmall round Seed in ſmall and ſomewhat long heads: the Root is ſmall and long, but of no uſe.

Place. It groweth generally throughout this Land in divers places by the hedges and way-ſides, and other waſte grounds.

Time. It flowereth about July, and the Seed is ripe ſoon after.

Virtues and Uſe. Vervain is hot and dry, bitter, opening Obſtructions, cleanſing, and healing, it helpeth the yellow Jaundice, the Dropſie, and the Gout, the defects of the Reins and Lungs, and generally all inward pains and torments of the body, the leaves being boyled and drunk; the ſame is held to be good againſt the bitings of Serpents, and other venomous beaſts; and againſt the Plague, and both Tertian and Quartan Agues, killeth and expelleth Worms in the belly, and cauſeth a good colour in the face and body, ſtrengthneth as well as correcteth the diſeaſes of the Liver and Spleen, is very effectual in all diſeaſes of the ſtomach and Lungs, as Coughs, ſhortneſs of breath and wheezings, and is ſingular good againſt the Dropſie, to be drunk with ſome Peony Seeds, bruiſed and put thereto; and is no leſs prevalent for the defects of the Reins and bladder, to cleanſe them of thoſe humours that ingender the Stone, and helpeth to break the Stone, and to expell Gravel: It conſolidateth and healeth alſo all Wounds both inward and outward, and ſtayeth bleedings, and uſed with ſome Honey healeth all old Ulcers and Fiſtulaes in the Legs, or other parts of the body, as alſo thoſe Ulcers that happen in the mouth or uſed with old Hogs greaſe it helpeth the ſwellings and pains of the ſecret parts in Man or Woman, as alſo for the Piles and Hemorrhoids: applied with ſome Oyl of Roſes and Vineger unto the forehead and Temples, it eaſeth the inveterate pains and ach of the head, and is good for thoſe that are Frentick. The leaves bruiſed, or the juice of them mixed with ſome Vineger doth wonderfully cleanſe the ſkin, and taketh away Morphew, Freckles, Puſtulaes, and other ſuch like Inflammations and deformities of the ſkin in any part of the body. The diſtilled water of the Herb when it is in his full ſtrength, dropped into the eyes cleanſeth them from Films, Clouds, or miſt that

Obſtructions, cleanſing, healing yellow Jaundice venomous beaſts, Peſtilence, Ague, Worms, cough, ſhortneſs of breath wheezing, Stone, Gravel, Reins, Bladder, Womb, Dropſie, bleeding, wounds, Ulcers, Fiſtulaes, Head-ach, Frentick, Morphew, Freckles, Eyes.

that drinken the sight, and wonderfully strengtheneth the Optick Nerves; the said water is very powerfull in all the diseases aforesaid, either inward or outward, whether they be old corroding Sores, or green Wounds.

This also is an Herb of Venus, and an excellent Herb for the Womb to strengthen it, and remedy all the cold griefs of it, as Plantan doth the hot, the Herb bruised and hung about the Neck helps the Head-ach.

The Vine.

THe leaves of the English Vine (I do not intend to send you to the Canaries for a Medicine) being boyled make a good Lotion for sore mouths, being boyled with Barley meal into a Pultis, it cools Inflammations of Wounds, the droppings of the Vine when it is cut in the Spring, which Countrey people call tears, being boyled into a Syrup with Sugar and taken inwardly, is excellent to stay womens longings after every thing they see, which is a disease many women with Childe are subject to, the decoction of Vine leaves in white Wine doth the like: also the Tears of the Vine drunk, two or three spoonfulls at a time, breaks the Stone in the bladder: this is a very good remedy, and it is discreetly done to kill a Vine to cure a man, but the Salt of the leaves is held to be better.

Sore Mouths, Inflammations Womens longings, Stone,

The ashes of the burnt branches will make Teeth that are as black as a coal, to be as white as snow, if you do but every morning rub them with it.

Teeth black.

Violets.

THese both Tame and Wilde, are so well known that they need no description.

Time. They flower until the end of July, but are best in March, and the beginning of April.

Virtues and Use. All the Violets are cold and moist while they are fresh and green, and are used to cool any heat, or distemperature of the body, either inwardly or outwardly, as Inflammations in the eyes, in the Matrix or Fundament, in Imposthumes also and hot swellings, to drink the decoction of the leaves, or flowers made with water or Wine, or to apply them Pultis-wise to the grieved place, likewise easeth pains in the head, caused through want of sleep; or in any other place arising of heat, being applied in the same manner, or with Oyl of Roses. A dram weight of the dried leaves of the flowers of Violets (but the leaves more strongly) doth purge the body of Choller-rich humours, and allwageth the heat being taken in a draught of Wine, or any other drink: the powder of the purple leaves of the flowers onely picked and dried, and drunk in water is said to help the Quinsie an

Inflammations Eyes, Womb, Head-ach, watching Choller, Quinsie,

Falling-sickness, Swellings, Pleurisie, Hoarseness, Throat, Ears, Reins, Bladder.

and the Falling-sickness in Children, especially in the beginning of the disease. The flowers of the white Violets ripeneth and dissolveth swellings. The Herb or flowers while they are fresh, or the flowers when they are dry, are effectual in the Pleurisie and all diseases of Lungs, to lenite the sharpness of hot Rheums, and the hoarseness of the throat, the heat also, and sharpness of Urine, and all pains of the back, or Reins and the bladder: it is good also for the Liver and the Jaundice, and in all hot Agues to cool the heat and quench the thirst: but the Syrup of Violets is of most use, and of better effect, being taken in some convenient liquor; and if a little of the juyce, or Syrup of Limmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat and to quench the thirst, and giveth to the drink a Clarret-wine-colour, and a fine tart relish, pleasing the taste. Violets taken, or made up with Honey doth more cleanse than cool, and with Sugar contrary-wise. The dried flowers of Violets are accounted among the Cordial drinks, powders, and other Medicines, especially where cooling Cordials are necessary: the green leaves are used with other Herbs, to make Plaisters and Pultises for Inflammations and swellings, and to ease pains whersoever, arising of heat, and for the piles also, being fried with Yolks of Eggs and applied thereto.

Thirst, Heats.

Pansies, or Heartsease are like unto Violets in all their operations, but somewhat hotter and drier, yet very temperate: and by viscuous juyce therein doth somewhat mollifie, yet less than Mallows: it is conducing in like manner as Violets to the hot diseases of the Chest and Lungs: for Agues, Convulsions, and Falling-sickness in Children. The decoction helpeth itch and scabs being bathed therewith: it is said also to foder green Wounds, and to help old sores, the juyce or distilled water thereof being drunk.

Vipers Bugloss.

Description. THis hath many long rough leaves lying on the ground, from among which rise up divers hard round stalks, very rough, as if they were thicket with prickles or hairs, wherein are set such like long rough hairy, or prickly rad green leaves, somewhat narrow; the middle rib for the most part being white. The flowers stand at the tops of the stalks, branched forth into many long spiked leaves of flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering; but in some places of a paler purple colour, with a long pointel in the middle, feathered

mered or parted at the top: after the flowers are fallen, the Seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time; and perisheth in the Winter.

There is another sort little differing from the former, onely in that it beareth white flowers.

Place. The first groweth wilde almost every where. That with white flowers, about the Castle walls of Lewes in Sussex.

Time. They flower in Summer, and their Seed is ripe quickly after.

Virtues and use. It is an especial remedy against the biting of the Viper, and of all other venomous Beasts or Serpents, as also against poyson and poysonfull Herbs. Dioscorides and others say, that whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the poyson of any Serpent. The Roots or Seeds are thought to be most effectual to comfort the heart, and expell sadness, or cause less Melancholly, it tempers the bloud, and allayeth the hot fits of Agues: the Seed drunk in Wine procureth abundance of Milk in Womens breasts. The same also being taken easeth the pains in the Loins, Back, and Kidneys: The distilled water of the Herb when it is in flower, or his chiefest strength, is excellent to be applied either inwardly or outwardly for all the griefs aforesaid. There is a Syrup made hereof very effectual for the comforting of the heart, and expelling sadness and melancholly.

venomous beasts. Poysons.

Heart. sadness. Melancholly. Agues. Milk. Loins. Back. Kidneys.

Wall-flowers, or Winter Gilly-flowers.

THe Garden kindes are so well known that they need no description.

Description. The common single Wall-flowers which grow wilde abroad, hath sundry small, long, narrow, and dark green leaves, set without order upon small, round, whitish woodly stalks, which bear at the tops divers single yellow flowers one above another, every one having four leaves apiece, and of a very sweet scent: after which come long Pods containing reddish Seed. The Root is white, hard and threddy.

Place. It groweth upon old Church walls, and old walls of many houses, and on other stone walls in divers places. The other sorts in Gardens onely.

Time. All the single kindes do flower many times in the end of Autumn, and if the Winter be milde, all the Winter long, but especially in the Moneths of February, March, and April, and untill the heat of the Spring do spend them: but the double kindes continue not flowering in that manner all the year along, al-

though they flower very early sometimes, and in some places very late.

Obstructions, Liver, Terms provokes After-birth, Dead Childe, Spleen, Disjuncture, Gout, Sinews, apoplexy, Palsey.

Virtues and Use. Galen in his seventh book of simple Medicines saith, that the yellow Wall-flowers worketh more powerfully than any of the other kindes, and is therefore of more use in Physick. it cleanseth the blood and freeth the Liver and Reins from Obstructions, provoketh Womens Courses, expelleth the Secundine and dead Childe, helpeth the hardness and pains of the Mother, and of the Spleen also, stayeth Inflammations and swellings, comforteth and strengthneth any weak part, or out of joynt: helpeth to cleanse the Eyes from mistiness and Films on them, and to cleanse foul and filthy Ulcers in the mouth, or any other part, and is a singular remedy for the Gout, and all aches and pains in the joynts and sinews. A Conserve made of the flowers is used for a remedy both for the Apoplexie and Palsey.

The Wallnut-tree.

THis is so well known, that it needeth no Description.

Time. It blossometh early before the leaves come forth, and the fruit is ripe in September.

Bindes, Dries;

Virtues and Use. The bark of the Tree, doth binde and dry very much, and the leaves are much of the same temperature, but the leaves when they are older, are heating and drying the second degree, and harder of digestion than when they are fresh, which by reason of their sweetness are more pleasing and better digesting in the stomach, and taken with sweet Wine they move the belly downwards; but being old, they grieve the stomach, and in hot bodies cause Choller to abound, and the Head-ach, and are an enemy to those that have the Cough: but are less hurtfull to those that have colder stomachs, and are said to kill the broad Worms in the belly or stomach. If they be taken with Onions, Salt, and Honey, they help the biting of a mad Dog, or the venom, or infectious poyson of any beast &c. Oneus Pompeius found in the Treasury of Methridates King of Pontus, when he was overthrown, a Scorle of his own hand-writing, containing a Medicine against any poyson and infection, which is this: take two dry Walnuts, and as many good Figs, and twenty leaves of Rue, bruised and beaten together with two or three Corns of Salt, and twenty Juniper Berries; which taken every morning fasting, preserveth from danger of Poyson, or Infection, that day it is taken. The juyce of the outer green husks boyled up with Honey, is an excellent gargle for sore mouths, the heat and Inflammations in the Throat and Stomach: the kernels when they grow old are more Oily, and therefore not so fit to be eaten, but are then used to

Worms,

Poyson, Epidemicall diseases; Inflammation

heal

heal the Wounds of the Sinews, Gangrenes, and Carbuncles; the said kernels being burned, are then very astringent, and will then stay lasks and Womens Courses, being taken in Red-wine; and stay the falling of the hair, and make it fair, being anointed with Oyl and Wine; The green husks will do the like being used in the same manner. The kernels beaten with Rue and Wine, being applied, helpeth the Quinsie; and bruised with some Honey and applied to the ears, easeth the pains and Inflammations of them: A piece of the green husk put unto a hollow Tooth, easeth the pains. The Catkins hereof taken before they fall off, dried and given a dram thereof in pouder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the kernels, is very profitably taken inward like Oyl of Almonds, to help the Chollick, and to expell winde very effectually, an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak stomachs, or defluxions thereon. The distilled water of the green husk before they be half ripe, is of excellent use to cool the heat of Agues, being drunk an ounce or two at a time, as also to resist the infection of the plague, if some thereof be also applied to the Sores thereof: the same also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith: the distilled water of the green husks being ripe when they are shelled from the Nuts, being drunk with a little Vineger, is also found by experience to be good for those that are infected with the plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinsie being gargled and bathed therewith, and wonderfully helpeth deafness, the noise, and other pains in the ears. The distilled water of the young green leaves in the end of May performeth a singular cure on foul running Ulcers and Sores, to be bathed with wet cloaths, or spunges applied to them evening and morning.

in the Throat. Wounds of the Sinews, gangrenes carbuncles Flux, Terms stops Barrenels, Quinsie, Toothack; Mother, chollick; Winde,

Agues,

Deafness, Ears,

Wold, Weld, or Dyers Weed.

Description. The common kinde groweth bushing with many leaves, long, narrow, and flat upon the ground, of a dark, blush, green colour, somewhat like unto Woad, but nothing so large, a little crumpled and as it were round pointed, which do so abide the first year: and the next Spring from among them rise divers round stalks, two or three foot high, beset with many such like leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spiked head, at the tops of them where afterwards come the Seed, which is small and black inclosed in heads that are divided at the tops into four parts. The Root is long

whire, and thick, abiding the Winter: The whole Herb changeth to be yellow after it hath been in flower a while.

Place. It groweth every where by the way-sides in moist grounds as well as dry, in corners of fields and by-lanes: and sometimes all over the field, in Suffex and Kent, they call it Greenweed.

Time. It is in flower about June.

Virtues and Use. Mathiolus saith, that the Root hereof cutteth tough Flegm, digesteth raw Flegm, thinneth gross humours, dissolveth hard Tumours, and openeth obstructions. Some do highly commend it against the bitings of venomous Creatures, to be taken inwardly and applied outwardly to the hurt place; as also for the Plague or Pestilence. The people in some Countries of this Land do use to bruise the Herb and lay it to Cuts or Wounds in the hands or legs to heal them.

Flegm, humours, obstructions, venomous beasts, pestilence, Worms.

Wheat.

Description. THe several kindes hereof are so well known unto almost all people that it is altogether needless to write any description thereof.

Virtues and Use. Dioscorides saith, that to eat the Corns of green Wheat is hurtfull to the stomach, and breedeth Worms. Pliny saith, that the Corns of Wheat toasted upon an Iron pan, and eaten, is a present remedy for those that are chilled with cold. The Oyl pressed from Wheat between two thick plates of Iron, or Copper heated, healeth all Tetters & Ring-worms being used warm, and hereby Galen saith, he hath known many to be cured. Mathiolus commendeth the same Oyl to be put into hollow Ulcers to heal them up, and it is also good for chops in the hands, or feet, and to make a rugged skin smooth.

Cold. Tetters, Ring-worms, Ulcers, chops in the hands and feet.

The green Corns of Wheat being chewed, and applied to the place bitten by a mad Dog healeth it: slices of Wheat bread soaked in red Rose-water, and applied to the eyes that are hot, red, and in a mist, or blood shotten, helpeth them. Hot bread applied for an hour at a time three dayes together, perfectly healeth the Kernels in the Throat, commonly called the Kings Evil. The flour of Wheat mixed with the juyce of Henbane, stayeth the flux of humours to the joynts, being laid thereon: the said meal boyled in Vineger helpeth the shrinking of the Sinews saith Pliny; and mixed with Vineger and Honey boyled together healeth all Freckles, Spots, and Pimples on the face. Wheat-flour mixed with the yolk of an Egg, Honey, and Turpentine, doth draw, cleanse, and heal any foul Plague-sore, or foul Ulcer. The bran of wheat-meal steeped in sharp Vineger, and then bound in a linnen cloth, and rubbed on those places that have the Scurf, Morphew, Scabs, or Leprosie, will take them away: the body being

Mad Dogs, Eyes, Kings Evil, Scabs, pestilence, Scabs, Leprosie,

being first well purged & prepared. The decoction of the bran of wheat or barley, is of good use to bath those places that are bitten by a rupture: and the said bran boyled in good Vineger, and applied to swollen breasts helpeth them, and stayeth all Inflammations: it helpeth also the bitings of Vipers, (which I take to be no other but our English Adder) and all other venomous Creatures. The leaves of wheat-meal applied with some Salt, taketh away hardness of the skin, Warts, and hard Knots in the flesh. Starch moistned with Rose-water, laid to the Gods taketh away their itching. Wafers put in water and drunk, stayeth the Lask and bloody Flux, and is profitably used both inward and outwardly for the Ruptures in Children: boyled in water unto a thick gelly and taken, it stayeth spitting of blood: and boyled with Mints and butter it helpeth the hoarsness of the Throat.

venomous beasts, Gods, Hoarsness.

The Willow-Tree.

THese are so well known that they need no description: I shall therefore onely shew you the Vertues thereof.

Vertues and Use. Both the leaves, bark, and the Seed are used to stanch bleeding of Wounds and at Mouth, and Nose, spitting of blood, and all other Fluxes of blood in Man or Woman, and to stay vomiting, and provocation thereunto, if the decoction of them in wine be drunk. It helpeth also to stay thin, hot sharp salt distillations from the head upon the Lungs causing a Consumption: the leaves bruised with some Pepper and drunk in Wine, much helpeth the winde Chollick. The leaves bruised and boyled in Wine and drunk stayeth the heat of lust in Man or Woman, and quite extinguisheth it, if it be long used; the Seed is also of the same effect. The water that is gathered from the Willow when it sweateth, the bark being slit, and a fitting Vessel set to receive it, is very good for redness and dimness of sight, for films that grow over the eyes, and stay the Rheums that fall into them; to provoke Urine being stopped if it be drunk, and to clear the face and skin from spots and discolourings. Galen saith, the flowers have an admirable faculty in drying up humours, being a Medicine without any sharpness or corrosion: you may boyl them in white Wine, and drink as much as you will, so you drink not your self drunk.) The bark works the same effects, if used in the same manner, and the Tree hath always bark upon it, though not always flowers: the burnt ashes of the bark, being mixed with vineger taketh away Warts, Corns, and superfluous flesh being applied to the place. The decoction of the leaves of bark in Wine, takes away Scurf, or Dandrif by washing the place with it: it is a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

Stanch Bleeding, spitting of blood, Fluxes of blood, vomiting, Distillations on the lungs, Wind chollick, Heat of Lust, Dimness of sight and other diseases in the Eyes, clear the face, Dry up humours, Warts, corns and superfluous flesh, Scurf or dandriff, Feaver.

Woad.

Defcri-ption. IT hath divers large leaves, long, and fomewhat broad withall, like to thofe of the greater Plantan, but larger, thicker, of a greenifh colour, and fomewhat blue withall: from among which leaves rifeth up a lufty ftalk, three or four foot high, with divers leaves fet thereon; the higher the ftalk rifeth, the fmaller are the leaves, at the top it fpreadeth into divers branches, at the ends of which appear pretty little yellow flowers, & after they pafs away like other flowers of the field, come husks, long, and fomewhat flat withall, in form they refemble a tongue, in colour they are black, and they hang bobbing downwards. The Seed contained within thefe husks (if it be a little chewed) gives an Azure colour. The Root is white and long.

Place. It is fowed in fields for the benefit of it, where thofe that fow it cut it three times a year.

Time. It flowereth in June, but is long after before the Seed is ripe.

Virtues and Ufe. Some people affirm the plant to be deftructive to Bees, which if it be I cannot help it: they fay it poffeffeth Bees with a Flux, but that I can hardly believe, unlefs Bees be contrary to all other Creatures, I fhould rather think it poffeffeth them with the contrary difeafe, the Herb being exceeding drying and binding. However, if any Bees be difeafed thereby, the cure is to fet Urine by them, but fet it in fuch a Veffel that they cannot drown themfelves, which may be remedied if you put pieces of Cork in it. I told you before the Herb was drying and binding, and fo drying and binding that it is not fit to be given inwardly. An Oyntment made thereof ftancheth bleeding: a plaifter made thereof and applied to the Region of the Spleen (and I pray you take notice, that the Spleen lies on the left fide) takes away the hardneſs and pains thereof: the Oyntment is excellent good in fuch Ulcers as abound with moifture, and takes away the corroding and fretting humours: it cools Inflammations, quencheth S. Anthonies fire, and ſtayeth Defluxions of bloud to any part of the body.

Bleeding, Spleen, Ulcers, Inflammations, S. Anthonies fire, Defluxions of bloud.

Woodbinde, or Honey-fuckles.

THe plant is fo common that every one that hath eys knows them, and he that hath none cannot reade a defcription if I fhould write it.

Time. They flower in June, and the fruit is ripe in Auguſt.

Virtues and Ufe. Doctor Tradition, that grand Introducer of errours, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reaſon, hath taught the common people to uſe the leaves and flowers of this plant in mouth-waters, and by long con-

continuance of time hath so grounded it in the brains of the Vulgar that you cannot beat it out with a beetle: all mouth-waters ought to be cooling and drying, but Honey-suckles are cleansing, consuming, and digesting, and therefore no ways fit for Inflammations. thus Doctor Reason. Again, if you please we will leave Dr. Reason a while and come to Dr. Experience, a learned Gentleman, and his brother; take a leaf and chew it in your mouth, and you will quickly finde it likelier to cause a sore Mouth, or Throat, than to cure it. Well then, if it be not good for this, what is it good for? It is good for something: For God, and Nature made nothing in vain: it is an Herb of Jupiter and appropriated to the Lungs, the celestial Crab claims Dominion over it; neither is it a Foe to the Lion: if the Lungs be afflicted by Mercury, this is your cure: it is fitting a Conserve made of the flowers of it were kept in every Gentlewomans house; I know no better cure for an Asthma than this; besides, it takes away the evil of the Spleen, provokes Urine, procures speedy delivery to Women in travail, helps Cramps, Convulsions and Palseys, and whatsoever griefs comes of cold, or stopping: if you please to make use of it in an Oyntment, it will clear your skin of Morphew, Freckles, and Sun-burning, or whatsoever else discolours it, and then the Maids will love it. I have done, when I have told you what Authours say, and cavelled a little with them, they say the flowers are of more effect than the leaves, and that is true; but they say, the Seeds are of least effect of all: But Dr. Reason told me, that there was a Vital spirit in every Seed to beget its like, and Dr. Experience told me, that there was a greater heat in a Seed than there was in any other part of a plant, and withall that heat was the Mother of action, and then judge if old Dr. Tradition (who may well be honoured for his age, but not for his goodness) have not so poysoned the World with his errours before I was born, that it was never well in its wits since, and there is great fear it will die mad.

Lungs all Herb Asthma, Spleen provokes Urine, speedy delivery in Childbirth. Cramps, convulsions and Palsies, Freckles and Sun-burning.

Wormwood.

Description. THree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be Critical at. And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many names as virtues (and perhaps one more) Seriphion, Santonicon, Belgicum, Narbonense, Xantonicum, Missense, and a matter of twenty more, which I will not blot paper withall: A Papist got the Toy by the end, and he called it Holy Wormwood, and in truth I am of opinion, their giving so much holiness to Herbs is the reason there remains so little in themselves.

The Seed of this Wormwood is that which ſmaller Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakeſt, I but Doctors commend it, and Apothecaries ſell it, the one muſt keep his credit, and the other get money, and that is the key of the work. The Herb is good for ſomething, becauſe God made nothing in vain; will you give me leave to weigh things in the ballance of reaſon, then thus, The Seeds of the common Wormwood are far more prevalent than the Seed of this to expell Worms in Children, or people of ripe age: Of both, ſome are weak, ſome are ſtrong. The Seriphium Wormſeed is the weakeſt, and haply may prove to be fitteſt for weakeſt bodies, (for it is weak enough in all conſcience. Let ſuch as are ſtrong take the common wormſeed, for the other will do but little good. Again, near the Sea many people live, and Seriphium grows near them, and therefore is more fitting for their bodies, becauſe nourriſhed by the ſame Air; and this I had from Dr. Reaſon. In whoſe body Dr. Reaſon dwells not, dwells Dr. Madneſs, and he brings in his brethren, Dr. Ignorance, Dr. Folly, and Dr. Sickneſs, and theſe together make way for Dr. Death, and the latter end of that man is worſe than the beginning. Pride was the cauſe of Adams fall, Pride begat a daughter, I do not know the Father of it unleſs the Devil, but he Chriſtened it, and called it Appetite, and ſent her daughter to taſte theſe Wormwoods, who finding this the leaſt bitter, made the ſqueamiſh weneh extoll it to the ſkies, though the virtues of it never reached to the middle region of the Air. Its due praiſe is this, It is weakeſt, therefore fitter for weak bodies, and fitter for thoſe bodies that dwell near it than thoſe that live far from it: my reaſon is, the Sea (as thoſe that live far from it know when they come near it) caſteth not ſuch a ſmell as the Land doth: the tender mercies of God being over all his works, hath by his eternal providence planted Seriphium by the Sea-ſide, as a fit Medicine for the bodies of thoſe that live near it. Lastly, It is known to all that know any thing in the courſe of Nature, that the Liver delights in ſweet things, if ſo, it abhors bitter, then if your Liver be weak, it is none of the wiſeſt courſes to plague it with an enemy: if the Liver be weak a Conſumption follows; would you know the reaſon? it is this, a mans fleſh is repaired by bloud, by a third concoction which tranſmutes bloud into fleſh (it is well I ſaid [Concoction] for if I had ſaid [boyling] every Cook would have underſtood me.) The Liver makes bloud, and if it be weakned that it makes not enough the fleſh waſteth, and why muſt fleſh always be renewed? Becauſe the eternal God when he made the Creation made one part of it in continual dependency upon another: and why did he ſo? Becauſe himſelf is onely permanent to teach us, that we ſhould not fix our affections upon what is tranſitory, but upon what endures for ever. The reſult of all is this, if the

Liver

liver be weak and cannot make bloud enough (I would have said [Sanguifie] if I had written onely to Scholars.) The Seriphian which is the weakeſt of Wormwoods is better than the beſt. I have been Critical enough (if not too much.)

Place. It grows familiarly in England by the Sea ſide.

Deſcription. It ſtarts up out of the earth with many round, woody, hoary ſtalks from one Root, its height is four foot high, or three at the leaſt. The leaves in Longitude are long, in Latitude narrow, in colour white, in form hoary, in Similitude like Southernwood, onely broader and longer, in taſte, rather ſalt than bitter, becauſe it grows ſo near the ſalt water: at the joynts with the leaves toward the tops, it bears little yellow flowers. The Root lies deep and is woody.

Common Wormwood I ſhall not deſcribe, for every Boy that can eat an Egg knows it.

Roman Wormwood; and why Roman, ſeeing it grows familiarly in England? It may be it was ſo called becauſe it is ſpecial good for a ſtinking breath, which the Romans cannot be very free from maintaining ſo many bawdy houſes by authority of his Holineſs.

Deſcription. The ſtalks are ſlender and ſhorter than the common Wormwood by one foot at leaſt; the leaves are more finely cut and divided than they are, but ſomething ſmaller, both leaves and ſtalks are hoary; the flowers of a pale yellow colour, it is altogether like the common Wormwood, ſave onely in bigneſs, for it is ſmaller in taſte, for it is not ſo bitter in ſmell, for it is ſpicy.

Place. It groweth upon the tops of the mountains (it ſeems it is aſpiring) here it is natural, but uſually nurſed up in Gardens for the uſe of the Apothecaries in London.

Time. All Wormwoods uſually flower in Auguſt, a little ſooner or later.

Virtues and Uſe. Will you give me leave to be critical a little? I muſt take leave; Wormwood is an Herb of Mars, and if Pontanus ſay otherwiſe he is beſide the bridge. I prove it thus: what delights in martial places is a martial Herb, but Wormwood delights in martial places, (for about Forges and Iron works you may gather a Cart load of it.) Ergo, it is a martial Herb. It is hot and dry in the firſt degree viz. juſt as hot as your bloud and no hotter: it remedies the evils Choller can inflict on the body of man by Sympathy. It helps the evils Venus and her wanton Girls produce, by Antipathy, and it doth ſomething elſe beſides; It cleanſeth the body of Choller (and who dares ſay Mars doth no good?) It provokes Urine, helps ſurfets, ſwellings in the belly, it cauſeth an appetite to meat, becauſe Mars rules the attractive faculty in man: the Sun never ſhone upon a better Herb for the yellow Jaundice than this is: why ſhould men cry out ſo much upon

Choller, Worms, provokes Urine, Helps Surfets, ſwellings, Appetite loſt,

yellow Jaundice

upon Mars (for an infortune (or Saturn either) Did God make creatures to do the creation a mischief? This Herb testifies that Mars is willing to cure all the diseases he causes, the truth is, Mars loves no Cowards, nor Saturn Fools, nor I either. Take of the flowers of Wormwood, Rosemary, and black Thorn, of each a like quantity, half that quantity of Saffron, boyl this in Rhenish wine, but put not in the Saffron till it is almost boyled; this is the way to keep a mans body in health, appointed by Camerarius in his book intituled Hortus Medicus, and it is a good one too. Be des all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting for the calling, if you will not believe me, ask Dr. Hippocrates, and Dr. Galen, a couple of Gentlemen that our Colledge of Physicians keep to vapour with, not to follow. In this one Herb I shall give the patern of a rule to the sons of Art, rough cast, yet as near the truth as the men of Benjamin could throw a stone; whereby my brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the Colledge of Physicians they are too stately to learn, and too proud to continue; they say a Mouse is under the Dominion of the Moon, and that is the reason they feed in the night: the house of the Moon is Cancer: (Rats are of the same nature with Mice, but they are a little bigger.) Mars receives his fall in Cancer, Ergo Wormwood being an Herb of Mars is a present remedy for the biting of Rats and Mice. Mushroms (I cannot give them the title of Herba, Frutex, or Arbor) are under the Dominion of Saturn (and take them one time with another they do as much harm as good:) if any have poysoned himself by eating them, Wormwood an Herb of Mars cures him, because Mars is exalted in Capricorn the house of Saturn, and this it doth by Sympathy as it did the other by Antipathy. Wheals, Pushes, black and blue Spots coming either by bruises or bearings, Wormwood an Herb of Mars helps, because Mars (as bad as you love him, and as ill as you hate him) will not break your head, but he will give you a plaister. If he do but teach you to know your selves, his courtesie is greater than his discourtesie; the greatest Antipathy between the Planets is between Mars and Venus, one is hot, the other cold, one Diurnal, the other Nocturnal, one dry, the other moist, their houses are opposite, one Masculine the other Feminine, one publick the other private, one is valiant, the other effeminate, one loves the light, the other hates it, one loves the field, the other the sheets; then the Throat is under Venus, the Quinsie lies in the Throat, and is an Inflammation there: Venus rules the Throat, (it being under Taurus her sign) Mars eradicates all diseases in the Throat by his Herbs (of which Wormwood is one) and send them to Egypt on an errand never to return more; this by Antipathy. The eyes are under the

Preserve health

Terms provokes

Biting of Rats and Mice, Mushroms Wheals, pushes, Black and blue spots,

Quinsie,

Eyes

the Luminaries, the right eye of a man, and the left eye of a woman, the Sun claims Dominion over: the left eye of a man, and the right eye of a woman, are the priviledg of the Moon, Wormwood an herb of Mars cures both: what belongs to the Sun by ſympathy becauſe he is exalted in his houſe; but what belongs to the Moon by antipathy, becauſe he hath his fall in hers. Suppoſe a man to be bitten or ſtung by a martial creature, imagine a Waſp, a Hornet, or Scorpion, Wormwood an herb of Mars gives you a preſent cure: then Mars is chollerick as he is hath learned that patience to paſs by your evil ſpeeches of him, and tels you by my Pen, that he gives you no affliction but he gives you a cure; you need not run to Apollo or Eſculapius; and if he were ſo chollerick as you make him to be, he would have drawn his ſword for anger to ſee the ill conditions of thoſe people that can ſpy his vices and not his virtues. The eternal God when he made Mars, made him for a publick good, and the ſons of men ſha l know it in the later end of the world. [Et coelum Mars ſolus habet.] You ſay Mars is a Deſtroyer, mix a little Wormwood an herb of Mars with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a Preſerver. Aſtrologers ſay, Mars cauſeth Scabs and Itch, and the virgins are angry with him, becauſe wanton Venus told them he deforms their ſkin: but quoth Mars, my onely deſire is they ſhould know themſelves; my herb Wormwood will reſtore them to the beauty they formerly had, and in that I will not come an inch behinde my oppoſite Venus; for which doth the greateſt evil, he that takes away an innate beauty, and when he hath done knows how to reſtore it again; or ſhe that teaches a company of wanton Laſſes to paint their faces? If Mars be in the Virgin in a Nativity, they ſay he uſually cauſeth the Chollick, (it is well God hath ſet ſome body to pull down the pride of man) he in the Virgin troubles none with the Chollick but them that know not themſelves, for who knows himſelf may eaſily know all the world:) Wormwood an herb of Mars is a preſent cure for it: and whether it be moſt like a Chriſtian to love him for his good, or hate him for his evil, judge ye. I had almoſt forgotten that Charity thinks no evil: I was once in the Tower and viewed the Wardrobe, and there was a great many fine Clothes, (I can give them no other title, for I was never neither Linnen nor Woollen Draper) yet as brave as they looked, my opinion was, the Moths might conſume them, (yea Henry the eighth his Cod-piece.) Moths are under the dominion of Mars, his herb Wormwood being laid amongſt Clothes will make a Moth ſcorn to meddle with the Cloth, as much as a Lion ſcorns to meddle with a Mouſe, or an Eagle a Fly. You ſay, Mars is angry, and it is true enough, he is angry with my Countrey men for being ſuch fools to be led by the noſe by a Colledg of Phyſicians, as they lead Bears to Pari-

Eyes.

biting or ſtinging by venomous beaſts.

Paris-garden. Melancholly men cannot endure to be wronged in point of good name, and that hath sorely troubled old Saturn, because they called him the greatest Infortune. In the body of Man he rules the Spleen, (and that makes covetous men so spleenetick.) The poor old man lies crying out of his left side, Father Saturn is angry, Mars comes to him, Come Brother I confess thou art evil spoken of, and so am I, thou knowest I have my Exaltation in thy House, I will give him an herb of mine, Wormwood, to cure the poor man; Saturn consented, but spake but little, and so Mars cured him by sympathy. When Mars was free from war, (for he loves to be fighting, and is the best friend a Souldier hath) I say, when Mars was free from war he called a Council of War in his own brain to know how he should do poor sinfull man good, (desiring to forget his abuses in being called an Infortune) He musters up his own Forces, and places them in Battalia, O, quoth he, why do I hurt a poor silly man or woman? His angel answers him, It is because they have offended their God, [Look back to Adam] Well, says Mars, though they speak evil of me, I will do good to them; Death is cold, my herb shall heat them, they are full of ill humours (else they would never have spoken ill of me) my herb shall cleanse them and dry them: they are poor weak creatures, my herb shall strengthen them; they are dull-witted, my herb shall fortifie their apprehensions; and yet amongst Astrologers, all this doth not deserve a good word: O the patience of Mars.

Spleen.

[Felix qui potuit rerum cognoscere causas
Inque domus superum scandere cura fuit.]

O happy he that can the knowledg gain,
To know the eternal God made nought in vain.

To this I add.

I know the reason causeth such a dearth
Of knowledg, tis because men love the Earth.

The other day Mars told me he met with Venus, and he asked her what the reason was that she accused him for abusing women, he never gave them the Pox, in the dispute they fell out and in anger parted, and Mars told me that his brother Saturn told him, that an antivenerial medicine was the best against the Pox. Once a moneth he meets with the Moon, Mars is quick enough of speech, and the Moon not much behinde hand. (neither are most women) The Moon looks much after children, and children are much troubled with the worms, she desired a medicine of him, he bad her take his own herb Wormwood: he had no sooner parted with the Moon but he met with Venus, and she was as drunk as a Bitch, Alas poor Venus, quoth he, What, thou a For-

French Pox.

tune

mne and be drunk? I will give thee an antipathetical Cure, take my herb Wormwood, thou shalt never get a Surfet by drinking. A poor silly Countrey-man hath got an Ague and cannot go about his business, he wishes he had it not, and so do I, but I will tell him a remedy whereby he may prevent it. Take the herb of Mars Wormwood, and if Infortunes will do good what will Fortunes do? Some say the Lungs are under Jupiter, and if the Lungs, then the breath, and yet a man sometimes gets a stinking breath, and yet Jupiter is a Fortune forsooth; up comes Mars to him, Come brother Jupiter, thou knowest I sent thee a couple of Trines to thy Houses last night, the one from Aries, and the other from Scorpio, give me thy leave by sympathy to cure the poor man by drinking a draught of Wormwood-beer every morning. The Moon was weak the other day, and she gave a man two terrible mischiefs, a dull brain, and a weak sight, Mars lays by his sword and comes to her, Sister Moon saith he, This man hath angered thee, but I beseech thee take notice he is but a fool, prithee be patient. I will with my herb Wormwood cure him of both infirmities by antipathy, for thou knowest, thou and I cannot agree; with that the Moon began to quarrel; Mars (not delighting much in womens tongues) went away, and did it whether she would or no.

Surfeys

stinking breath

dull brain

weak sight

He that reades this and understands what he reades, he hath a Jewel more worth than a Diamond: he that understands it not is as little fit to give Physick. There lies a key in these words which will unlock (if it be turned by a wise hand) the Cabbinet of Physick: I have delivered it so plainly as I dure; it is not upon Wormwood onely that I wrote, but upon all plants, trees and herbs: he that understands it not is unfit (in my opinion) to give Physick. This shall live when I am dead, and thus I leave it to the world not caring a half penny whether they like or dislike it. The Grave equals all men, and therefore shall equal me with the Princes, untill which time the eternal Providence is over me: then the ill tongue of a pratling Priest, or of one who hath more tongue than wit, or more pride than honesty, shall never trouble me. Wisdom is justified of her children; and so much for Wormwood.

Yarrow.

Description. It hath many long Leaves spread upon the ground and fine cut, and divided into many small parts: its flowers are white but not all of a whiteness, and stayed in knots, upon divers green stalks which rise from amongst the Leaves.

Place. It is very frequent in all Pastures.

Time. It flowers late even in the later end of August.

Virtues and Use. An Ointment of them cures

Wounds, Inflammations, terms flux, bloudy flux, baldness, ulcers, fistulaes retentive faculty, running of the reins whites, Diabetes tooth-ach

wounds, and is most fit for such as have inflammations, it being an herb of Dame Venus; it stops the Terms in women being boiled in white wine and the Decoction drunk, as also the bloudy flux; the Ointment of it is not onely good for green wounds, but also for ulcers and fistulaes, especially such as abound with moisture, It stays the shedding off of hair, the head being bathed with the Decoction of it, inwardly taken, it helps the retentive faculty of the stomach, it helps the running of the reins in men, and the Whites in women, and helps such as cannot hold their water; and the Leaves chewed in the mouth ease the tooth-ach, and these virtues being put together shew the herb to be drying & binding. Achilles is supposed to be the first that left the virtues of this herb to posterity, having learned them of his master Chyron the Centaur, and certainly a very profitable herb it is in the Camp, and perhaps therefore called Militaris.

DI-

DIRECTIONS.

HAving in divers places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall finde me rather better than worse than my word.

That this may be done methodically, I shall divide my Directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a countenance as this is.

SECT. I.

Of gathering, drying, and keeping Simples and their Juyces:

Ch. 1. *Of leavs of herbs,* &c
Ch. 2 *Of Flowers,*
Ch. 3 *Of Seeds,*
Ch. 4 *Of Roots,*
Ch. 5 *Of Barks,*
Ch. 6 *Of Juyces.*

SECT. II.

Of making and keeping Compounds:

Ch. 1 *Of distilled waters,*
Ch. 2 *Of Syrups,*
Ch. 3 *Of Juleps,*
Ch. 4 *Of Decoctions,*
Ch. 5 *Of Oyls,*
Ch. 6 *Of Electuaries,*
Ch. 7 *Of Conserves,*
Ch. 8 *Of Preserves,*
Ch. 9 *Of Lohochs,*
Ch. 10 *Of Ointments,*
Ch. 11 *Of Plaisters,*
Ch. 12 *Of Pultisses,*
Ch. 13 *Of Troches,*
Ch. 14 *Of Pills,*
Ch. 15 *The way of fitting Medicines to compound Diseases.*

Of all these in order.

SECT. I.

The way of gathering, drying, and preserving simples and their juyces.

Cap. I. Of Leaves of Herbs, or Trees.

OF Leaves chuse onely such as are green and full of juyce, pick them carefully, and cast away such as are any way declining, for they will putrifie the rest, so in all one handfull be worth ten of those you buy in Cheap-side.

2. Note in what place they most delight to grow in, and gather them there, for Bettony that grows in the shadow is far better than that which grows in the sun, because it delights in the shadow; so also such Herbs as delight to grow near the water, let such be gathered as grow near the water, though haply you may finde some of them upon dry ground; the Treatise will inform you where every Herb delights to grow.

3. The leaves of such Herbs as run up to Seed, are not so good when they are in flower as before (some few excepted, the leaves of which are seldom or never used) in such cases, if through ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the leaf.

4. Dry them well in the Sun, and not in the shadow as the swinge of Physicians is; for if the Sun draw away the virtues of Herbs, it must needs do the like by Hay by the same rule, which the experience of every Countrey Farmer will explode for a notable piece of non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise, let the Planet that governs the Herb be Angular, and the stronger the better, if they can in Herbs of Saturn, let Saturn be in the Ascendent, in the Herbs of Mars, let Mars be in the Mid-heaven, for in those houses they delight, let the Moon apply to them by good Aspect, and let her not be in the houses of their enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity, if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them put them up in brown papers, sewing the paper up like a sack, and press them not too hard together, and keep them in a dry place near the fire.

A

7. As for the duration of dried Herbs, a juſt time cannot be given, let Authours prate their pleaſures: For

Firſt, Such as grow upon dry grounds will keep better than ſuch as grow on moiſt.

Secondly, Such Herbs as are full of juyce will not keep ſo long as ſuch that are dryer.

Thirdly, Such Herbs as are well dried will keep longer than ſuch as are ill dried.

Yet this I ſay, by this you may know when they are corrupted, viz. By their loſs of colour, or ſmell, or both, and if they be corrupted, reaſon will tell you that they muſt needs corrupt the bodies of thoſe people that take them.

8. Gather all leaves in the hour of that Planet that governs them.

Cap. 2. Of flowers.

1. THe flower which is the beauty of the plant, and of none of the leaſt uſe in Phyſick groweth yearly, and is to be gathered when it is in its prime.

2. As for the time of gathering them, let the Planetary hour, and the Planet that rules the plant they come of be obſerved, as we ſhewed you in the foregoing Chapter; as for the time of the day let it be when the Sun ſhines upon them that ſo they may be dry, for if you gather either Herbs or flowers when they are wet or dewy, they will not keep, and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire, as I ſhewed you in the foregoing Chapter.

4. So long as they retain their colour and ſmell they are good, either of them being gone ſo is the Virtue alſo.

Cap. 3. Of Seeds.

1. THe ſeed is that part of the plant which is endewed with a vital faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place let them be gathered from the plants where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celeſtial harmony before mentioned, for I have found by experience that their Virtues are twice as great at ſuch times than at others: there is an appointed time for every thing under the Sun.

4. When you have gathered them dry them a little, and but a little in the Sun before you lay them up.

5. You need not be ſo care full of keeping them ſo near the fire as the other before mentioned, becauſe they are fuller of ſpirit, and therefore not ſo ſubject to corrupt.

6. As for the time of their duration it is palpable they will keep good many years, yet this I say, they are best the first year, and this I make appear by a good argument, They will grow sooner the first year they be set, therefore then are they in their prime, and it is an easie matter to renew them yearly.

Chap. 4. Of Roots.

1. OF Roots chuse such as are neither rotten nor worm-eaten but proper in their taste, colour and smell, such as exceed neither in softness nor hardness.

2. Give me leave to be a little critical against the Vulgar received opinion which is, that the sap falls down into the Root in Autumn, and rises again in Spring, as men go to bed at night and rise in the morning; and this idle tale of untruth is so grounded in the heads not onely of the Vulgar but also of the Learned, that a man cannot drive it out by reason. I pray let such Sap-mongers answer me to this argument, if the sap fall into the Root in the fall of the leaf, and ly there all the Winter, then must the Root grow onely in the Winter, as experience witnesseth but the Root grows not at all in the Winter, as the same experience teacheth, but onely in the Summer. Ergo.

If you set an Apple kernel in the Spring, you shall finde the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: what doth the sap do in the Root all that while? pick straws? For Gods sake build not your faith upon Tradition, it is as rotten as a rotten poste.

The truth is, when the Sun declines from the Tropick of Cancer, the sap begins to congeal both in Root and branch, when he toucheth the Tropick of Capricorn, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed: but to proceed.

3. The drier time you gather your Roots in, the better they are, for they have the less excrementious moysture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them up in the Chimney corner upon a string; as for such as are hard you may dry them any where.

5. Such Roots as are great will keep longer than such as are small, yet most of them will keep a year.

6. Such Roots as are soft it is your best way to keep them always near the fire, and take this general rule, if in winter time you finde any of your Roots, Herbs or flowers begin to grow mouldy as many times you finde especially in the winter time (for it is your best way

to

to look to them once a moneth) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the labour.

7. It is in vain to dry such Roots as may commonly be had as Parsly, Fennel, Plantan, &c. but gather them onely for present need.

Cap. 5. Of Barks.

1. BArks which Physicians use in Medicines are these Roots, of Fruits, of Roots, of Boughs.

2. The barks of fruits is to be taken when the fruit is full ripe, as Oranges, Limmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The barks of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like; because then they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all barks, onely for present use.

4. As for the bark of Roots, it is this, and thus to be gotten, take the Roots of such Herbs as have a pith in them, as Parsly, Fennel, &c. slit them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the bark and indeed is onely to be used.

Cap. 6. Of Juyces.

1. JUyces are to be presset out of Herbs when they are young and tender, and also out of some stalks, and tender tops of Herbs and Plants, and also out of some flowers.

2. Having gathered your Herb you would preserve the juyce of, when it is very dry, (for otherwise your juyce will not be worth a button) bruise it very well in a stone mortar with a wooden pestle, then having put it into a Canvas bag (the Herb I mean, not the mortar for that will yield but little juyce) press it hard in a press, then take the juyce and clarifie it.

3. The manner of clarifying of it is this, put it into a pipkin, or skillet, or some such thing and set it over the fire, and when the scum riseth take it off, let it stand over the fire till no more scum rise, then have you your juyce clarified, cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold put it into a glass, and put so much Oyl on it as will cover it the thickness of two fingers, the Oyl will swim at the top, and so keep the Air from coming to it to putrifie it; when you intend to use it, do no more but so, pour out into a por-

renger, a little more than you intend to use, and if any Oyl come out with it (as if the glass be not full it is a hundred to one if there do) you may easily scum it off with a spoon, and put the juyce you use not into the glass again, it will quickly sink under the Oyl: This is the first way.

Secondly, The second way is a little more difficult, and the juyce of fruits is usually preserved this way, when you have clarified the juyce as before, boyl it over the fire till (being cold) it be of the thickness of Honey, this is most commonly used for diseases of the mouth, and is called Rob and Sapa.

And thus much for the first Section, the second follows.

SECT. II.

The way of making and keeping all necessary Compounds.

Cap. I. Of distilled waters.

HItherto we have spoken of Medicines which consist in their own nature, which Authours vulgarly call simples, though something improperly, for indeed and in truth, nothing is simple but the pure Elements; all things else are compounded of them: we come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we place distilled waters; in which consider:

1. Waters are distilled out of Herbs, flowers, fruits, and Roots.

2. We treat not here of strong waters but of cold, as being to a st Galens part and not Paracelsus.

3. The Herbs ought to be distilled when they are in their greatest vigour, and so ought the flowers also.

4. The vulgar way of distillation which people use, because they know no better, is in a pewter Still, and although distilled waters are the weakest of all Artificial Medicines and good for little unless for mixtures of other Medicines, yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand: if I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your water put it into a glass, and having bound the top of it over with a paper pricked full of holes, that so the excrementitious and fiery vapours may exhale (which indeed are they that cause that settling in distilled waters called the Mother, which corrupts the waters, and might

this

this way be prevented) cover it close and keep it for your use.

6. Stopping distilled waters with a Cork makes them musty, and so will a paper also if it do but touch the water, your best way then is to stop them with a bladder, being first wet in water, and bound over the top of the glass.

Such cold waters as are distilled in a pewter still (if well kept) will endure a year, such as are distilled in sand, as they are twice as strong, so will they endure twice as long.

Cap. 2. Of Syrups.

1. A Syrup is a Medicine of a liquid form, composed of infusion, decoction and juyce; and first for the more grateful taste, secondly for the keeping of it, with a certain quantity of Honey or sugar, hereafter mentioned boyled to the thickness of new Honey.

2. You see at the first view then that this Aphorism it self into three branches, which deserve severally to be treated of, viz.

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juyce.

Of each of these (for your instruction take kinde Countrey men and women) I'll speak a word or two, or three apace.

First, Syrups made by infusion are usually made of flowers, and of such flowers, as soon lose both colour and strength by boyling, as Roses, Violets, Peach-flowers, &c. my translation of the London Dispensatory will instruct you in the rest: they are thus made, having picked your flowers clean, to every pound of them add three pound (or three pints, which you will for it is all one) of Spring-water made boyling hot by the fire, first put your flowers in a pewter pot with a cover, then pour the water to them, then shutting the pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach-flowers, &c. the usual and indeed the best way is to repeat this infusion, adding fresh flowers to the same liquor divers times that so it may be the stronger) having strained it out, put the infusion into a pewter bason, or an earthen one well-glassed and to every pint of it, add two pound of fine sugar, which being onely melted over the fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by decoction are usually used of Compounds, yet may any simple Herb be thus converted into Syrup; take the Herb, Root, or flower you would make into Syrup and bruise

it a little, then boyl it in a convenient quantity of Spring-water, the more water you boyl it in the weaker will it be, a handfull of the Herb, Root &c. is a convenient quantity for a pint of water; boyl it till half the water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen cloath, letting it run out at leisure without pressing, to every pint of this decoction add one pound of Sugar, and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a spoon, scum it all the while it boyls, and when it is sufficiently boyled, whilst it is hot strain it again through a woollen cloath, but press it not; thus have you the Syrup perfected.

Thirdly, Syrups made of juyces are usually made of such Herbs as are full of juyce, and indeed they are better made into a Syrup this way than any other; the Operation is thus, having beaten the Herb in a stone mortar with a wooden pestle, press out the juyce and clarifie it as you were taught before in the juyces, then let the juyce boyl away till a quarter of it (or near upon) be consumed, to a pint of this add a pound of Sugar, and boyl it to a Syrup, always scumming it, and when it is boyled enough, strain it through a woollen cloath as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fennel, and grass Roots, &c. when you have bruised them, lay them in steep some time in that water which you intend to boyl them in, hot, so will the Virtue the better come out,

4. Keep your Syrups either in glasses or stone pots, and stop them not with Cork, nor bladder, unless you would have the glass break and the Syrup left; and as many opinions as there are in this Nation, I suppose there are but few or none of this, onely binde a paper about the mouth.

5. All Syrups if well made will continue a year, with some advantage, yet of all, such as are made by infusion keep the least while.

Cap. 3. Of Juleps.

1. Juleps were first invented as I suppose in Arabia, and my reason is because the word Juleb is an Arabick word.

2. It signifies onely a pleasant Potion, and was vulgarly used (by such as were sick and wanted help, or such as were in health, and wanted no money) to quench thirst.

3. Now a days it is commonly used.

4. To

1. To prepare the body for Purgation.
2. To open obstructions and the pores.
3. To digest tough humours.
4. To qualifie hot distempers, &c.

4. It is thus made (I mean simple Juleps, for I have nothing to say to Compounds here; all Compounds have as many several Ideas as men have crotchets in their brain) I say simple Juleps are thus made: Take a pint of such distilled water as conduceth to the cure of your distemper, which this Treatise will plentifully furnish you withall, to which add two ounces of Syrup conducing to the same effect, (I shall give you rules for it in the last Chapter) mix them together and drink a draught of it at your pleasure; if you love tart things add ten drops of Oyl of Vitriol to your pint and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

Cap. 4. Of Decoctions.

1. ALl the difference between decoctions and Syrups made by decoction is this, Syrups are made to keep, decoctions onely for present use, for you can hardly keep a decoction a week at any time, if the weather be hot, not half so long.

2. Decoctions are made of leaves, roots, flowers, seeds, fruits, or barks, conducing to the cure of the disease you make them for; in the same manner are they made as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with water, and if you take your decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of water, because that is most penetrating.

4. Decoctions are of most use in such diseases as lye in the passages of the body, as the Stomach, Bowels, Kidneys, passages of Urine and Bladder, because decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your decoction with Sugar, or any Syrup fit for the occasion you take it for which is better, you may and no harm done.

6. If in a decoction you boyl both Roots, Herbs, flowers, and seeds together, let the Roots boyl a good while first, because they retain their virtue longest, then the next in order by the same rule, viz. 1. The Barks, 2. the Herbs, 3. the Seeds, 4. the Flowers, 5. the Spices if you put any in, because their virtue come soonest out.

7. Such things as by boyling cause sliminess to a decoction, as Figs, Quince Seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up

up in a linnen rag, as you tie up a Calves brains, and so boyl them.

8. Keep all decoctions in a glass close stopped, and in the colder place you keep them, the longer will they last ere they be sower.

Lastly, The usual dose to be given at one time, is usual y two, three, four, or five ounces, according to the age and strength of the patient, the season of the year, the strength of the Medicine, and the quality of the disease.

Cap. 5. Of Oyls.

1. OYl Olive, which is commonly known by the name of Sallet Oyl, I suppose because it is usually eaten with Sallets by them that love it, if it be pressed out of ripe Olives, according to Galen is temperate, and exceeds in no one quality.

2. Of Oyls, some are simple, and some are Compound.

3. Simple Oyls are such as are made of fruits, or seeds, by expression as Oyl of sweet and bitter Almonds, Linseed, and Rapeseed Oyl, &c. of which see my Dispensatory.

4. Compound Oyls are made of Oyl of Olives and other simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this having bruised the Herbs or Flowers you would make your Oyl of, put them in an earthen pot, and to two or three handfuls of them, pour a pint of Oyl, cover the pot with a paper, and set it in the Sun, about a fortnight, or less according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and add as many more Herbs to the same Oyl, bruised (the Herbs I mean not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this the stronger will your Oyl be; at last when you conceive it strong enough, boyl both Herbs and Oyl together till the juyce be consumed which you may know by its leaving its bubbling, and the Herbs will be crisp, then strain it, whilest it is hot, and keep it in a stone, or glass vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls is for pain in the Limbs, roughness of the skin, the Itch, &c. as also for ointments and plaisters.

8. If you have occasion to use it for Wounds, or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it, for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

Cap. 6.

Cap. 6. Of Electuaries.

PHysicians make more a quoil than needs behalf about Electuaries: I shall prescribe but one general way of making them up, as for the ingredients you may vary them as you please, and according as you since occation by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep always Herbs Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readiness to beat them into pouder when you need them.

2. Your better way is to keep them whole than beaten for being beaten they are the more subject to lose their strength, because the air soon penetrates them.

3. If they be not dry enough to beat into pouder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine Tiffany sierce, that so there may be no great pieces found in your Electuary.

5. To one ounce of your pouder add three ounces of clarified Honey, this quantity I hold to be sufficent, I confess Authors differ about it: if you would make more or less Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, you cannot mix them too much.

7. The way to clarifie Honey is to set it over the fire in a convenient vessel till the scum arise, and when the scum is taken off it is clarified.

8. The usual dose of Cordial Electuaries is from half a dram to two drams, of purging Electuaries from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking them, is either in the morning fasting, and fasting an hour after them or at night going to bed, three or four hours after supper.

Cap. 7. Of Conserves.

1. THe way of making Conserves is twofold, one of Herbs and Flowers, and the other of Fruits.

2. Conserves of Herbs and Flowers are thus made: If you make your Conserves of Herbs, as of Scurvygrass, Wormwood, Rue, or the like, take onely the leaves and tender tops (for you may beat your heart out before you can beat the stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conserves of Fruits, as of Barberries, Sloes, and the like is thus made; First scald the Fruit, then rub the pulp through a thick hair-sieve made for the purpose, called a pulping sieve, you may do it for a need

with the back of a spoon, then take this pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Penter vessel, and over a charcoal fire, stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conserves, the way of keeping of them is in earthen pots.

5. The dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6. Of Conserves, some keep many years, as Conserves of Roses, others but a year, as Conserves of Borrage, Bugloss, Cowslips and the like.

7. Have a care of the working of some Conserves presently after they are made, look to them once a day and stir them about; Conserves of Borrage, Bugloss, and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conserves are almost spoiled by this, you shall find a hard crust at top with little holes in it as though Worms had been eating there.

Cap. 8. Of Preserves.

OF Preserves are sundry sorts, and the operations of all being something different we will handle them all apart.

There are preserved with Sugar,

1. Flowers.
2. Fruits.
3. Roots.
4. Barks.

1. Flowers are but very seldom preserved, I never saw any that I remember save onely Cowslip-flowers, and that was a great fashion in Suffex when I was a boy; it is thus done, first, take a flat glass, we call them jarr glasses, strew in a lain of fine Sugar, on that a lain of flowers, on that another lain of Sugar, on that another lain of flowers, do so till your glass be full, then tie it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving flowers, namely with vineger and Salt, as they pickle Capers and broom-buds, but because I have little skill in it my self I cannot teach you.

2. Fruits, as Quinces and the like are preserved two ways:

First, Boyl them well in water, and then pulp them through a sieve as we shewed you before, then with the like quantity of Sugar boyl the water they were boyled in to a Syrup, viz. a pound of Sugar to a pint of liquour, to every pound of this Syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you dro-

drop a drop of it upon a Trencher, if it be enough it will not ſtick to your fingers when it is cold.

Secondly, Another way to preſerve fruits is this; firſt, pare off the rinde, then cut them in halves & take out the Core, then boyl them in water till they are ſoft. if you know when beef is boyled enough you may eaſily know when they are; then boyl the water with its like weight of Sugar into a Syrup, put the Syrup into a pot, and put the boyled fruit as whole as you left it when you cut it into it, and ſet it ſo remain till you have occaſion to uſe it.

3. Roots are thus preſerved, Firſt, ſcrape them very clean, and cleanſe them from the pith if they have any, for ſome Roots have not, as Eringo and the like, boil them in water till they be ſoft as we new you before in the fruits, then boyl the water you boyled the Roots into a Syrup as we ſhewed you before, then keep the Roots whole in the Syrup till you uſe them.

4. As for barks we have but few come to our hands to be done, and thoſe of thoſe few that I can remember are Oranges, Limmons, Citrons and the outer bark of Walnuts, which grows without the ſhell for the ſhells themſelves would make but ſourly preſerves, there be they I can remember, if there be any more put them into the number.

The way of preſerving theſe is not all one in Authours, for ſome are bitter, ſome are not, ſuch as are bitter, ſay Authours, muſt be ſoaked in warm water often times changed till their bitter taſte be fled, but I like not this way, and my reaſon is, becauſe I doubt when their bitterneſs is gone, ſo is their virtue alſo; I ſhall then preſcribe one common way, namely the ſame with the former, viz. Firſt, boyl them whole till they be ſoft, then make a Syrup with Sugar, and the liquour you boyled them in, and keep the barks in the Syrup.

5. They are kept in glaſſes, or glaſſed pots.

6. The preſerved flowers will keep a year if you can forbear eating of them, the Roots and Bark much longer.

7. This art was plainly and clearly at firſt invented for delicacie, yet came afterwards to be of excellent uſe in Phyſick; For,

Firſt, Hereby Medicines are made pleaſant for ſick and queaſie ſtomachs, which elſe would loath them.

2. Hereby they are preſerved from decaying a long time.

Cap. 9. Of Lohochs.

1. THat which the Arabians call Lohoch, and the Greeks Eclegma, the Latins call Linctus, and in plain Engliſh, ſignifies nothing elſe but a thing to be licked up.

2. Their firſt invention was to prevent and remedy

afflictions of the breast and lungs, to cleanse the lungs of flegm, and make it fit to be cast out.

3. They are in body thicker than a Syrup, and not so thick as an Electuary.

4. The manner of taking them is often to take a little with a liquoris stick, and let it go down at leisure.

5. They are easily thus made, make a decoction of any pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a Lohoch; If you are molested with tough flegm, Honey is better than Sugar, and if you add a little Vineger to it you will do well, if not, I hold Sugar to be better than Honey.

6. It is kept in pots and will last a year and longer.

7. Its use is excellent for roughness of the Windpipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of breath, Asthmas, Coughs, and distillation of humours.

Cap. 10. Of Oyntments.

1. VArious are the ways of making Oyntments which Authours have left to posterity, which I shall omit and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this; it is thus done.

Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfulls of your bruised Herbs add a pound of Hogs-grease tried, or cleansed from the skins, beat them very well together in a stone Mortar with a wooden pestle, then put it in a stone pot (the Herbs and Grease I mean not the Mortar) cover it with a paper, and set it either in the Sun, or some other warm place, three, four, or five days, that it may melt, then take it out and boyl it a little, then whilest it is hot, strain it out, pressing it out very hard in a press, to this Grease add as many more Herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former, if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of juyce your Herbs are, the sooner will your Oyntment be strong, the last time you boyl it, boyl it so long till your Herbs be crisp and the juyce consumed, then strain it, pressing it hard in a Press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in pots, and will last above a year, above two year.

Cap. 11.

Cap. 11. Of Plaisters.

1. THe Greeks made their Plaisters of divers Simples and put Metalls in most of them if not in all; for having reduced their metalls into pouder they mixed them with that fatty substance whereof the rest of the Plaister consisted; whileſt it was yet hot, continually stirring it up and down left it should sink to the bottom, so they continually stirred it till it was stiff, then they made it up in rolls, which when they need for use they could melt by the fire again.

2. The Arabians made up theirs with Meals, Oyl, and Fat, which need not so long boiling.

3. The Greeks Emplaisters consisted of these Ingredients, Metalls, Stones, divers sorts of Earths, Feces, Juyces, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Cap. 12. Of Pultisses.

1. PUltisses are those kinde of things which the Latins call [Cataplasmata,] and our learned Fellows that if they can reade English that is all, call them Cataplasms, because it is a crab'bed word few understand; it is a very fine kinde of Medicine to ripen sores.

2. They are made of Herbs and Roots fitted to the Disease and Member afflicted, being chopped small, and boiled in water almost to a Jelly, then by adding a little Barley-meal or Meal of Lupines, and a little Oyl or rough Sheep-suet, which I hold to be better, spread upon a cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool inflammations, to dissolve hardness, to ease the Spleen, to concoct humours, to dissipate swellings.

4. I beseech you take this caution along with you, use no Pultisses (if you can help it) that are of a heating nature, before you have first cleansed the body, because they are subject to draw the humours to them from every part of the body.

Cap. 13. Of Troches.

1. THe Latins call them [Placentulæ] or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my London Dispensatory been so hellishly printed, that is all the Common-wealth gets by one Stationers printing another Copies viz. to plague the Country with false Prints, and disgrace the Author) the Greeks [Trochiſci, Kichſcoi, and Artiſcoi] they are usually little round flat Cakes, or you may make them square if you will.

2. Their first invention was, that pouders being so

kept might resist the intromission of Air and so endure pure the longer.

3. Besides, they are the easier carried in the pockets of such as travel; many a man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be, which is most proper, for the stomach is never cold till a man be dead, in such a case it is better to carry Troches of Wormwood or Galanga, in a paper in his pocket, and more convenient by half than to lug a Galli-pot along with him.

4. They are thus made, At night when you go to bed, take two drams of fine Gum Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting the purpose you would make your Troches for, to it, cover it, and the next morning you shall finde it in such a Jelly as Physicians call Mucilage, with this you may (with a little pains taking) make any Powder into Paste, and that Paste into little Cakes called Troches.

5. Having made them, dry them well in the shadow, and keep them in a Pot for your use.

Cap. 14. Of Pills.

1. THey are called [Pilulae] because they resemble little Balls the Greeks call them [Catapotia.]

2. It is the opinion of modern Physicians that this way of making up Medicines was invented onely to deceive the palat, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived or at least it might not be insufferable, and indeed most of their Pills though not all are very bitter.

3. I am of a clean contrary opinion to this, I rather think they were done up in this hard form that so they might be the longer in digesting, and my opinion is grounded upon reason too, not upon Fancy or Hearsay; the first invention of Pills was to purge the head, now as I told you before, such infirmities as lay near the passages were best removed by Decoctions, because they pass to the grieved part soonest, so where if the infirmity lay in the head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humour to them.

4. If I should tell you here a long Tale of Medicines working by sympathy and antipathy, you would not understand a word of it, they that are fit to make Physicians may finde it in the Treatise: all modern Physicians know not what belonged to a sympathetical Cure, no more than a Cuckoe knows what belongs to Flats and Sharps in Musick, but follow the vulgar Road, and call it a hidden quality because it is hid from the eye of Dunces; and indeed none but

Asto-

Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar and a little diligence, you may make any Powder into Pills, either with Syrup, or the jelly I told you of before.

Cap. ult. The way of mixing Medicines according to the cause of the Disease and part of the Body afflicted.

THis being indeed the key of the work, I shall be something the more diligent in it: I shall deliver my self thus;

1. To the vulgar.
2. To such as study Astrology, or such as study Physick astrologically.

First to the vulgar: kinde souls I am sorry it hath been your hard mishap to have been so long trained in such Egyptian darkness, even darkness which to your sorrows may be felt; the vulgar Road of Physick is not my practise, and I am therefore the more unfit to give you advice; and I have now published a little book which will fully instruct you not onely in the knowledg of your own bodies but also in fit Medicines to remedy each part of it when amisted. mean season take these few Rules to stay your stomachs. *Galens art of Physick.*

1. With the Disease regard the Cause and part of the body afflicted, for example, suppose a woman be subject to miscarry through winde, thus do,
   1. Look [Abortion] in the Table of Diseases, and you shall be directed by that how many herbs prevent miscarriage.
   2. Look [Winde] in the same Table, and you shall see how many of those herbs expell winde.

   These are the herbs medicinal for your grief.
2. In all Diseases strengthen the part of the body afflicted.
3. In mixed Diseases there lies some difficulty, for sometimes two parts of the body are amisted with contrary humours the one to the other, sometimes one part is amisted with two contrary humours, as sometimes the Liver is amisted with Choller and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, suppose the brain be too cold and moist, and the Liver too hot and dry, thus do;

1. Keep your head outwardly warm.
2. Accustome your self to smell of hot herbs.
3. Take a Pill that heats the head at night going to bed.
4. In the morning take a Decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all diseases, these are enough to let you see so much light as you without Art are able to receive, if I should set you to look upon the Sun I should dazle your eyes and make you blinde.

Secondly, To such as study Astrology, (who are the onely men I know that are fit to study Physick) Physick without Astrology, being like a Lamp without Oyl) you are men I exceedingly respect, and such documents as my brain can give you at present (being absent from my study) I shall give you, and an example to shew the proof of them.

1. Fortifie the body with Herbs of the nature of the Lord of the Ascendent, it is no matter whether he be a Fortune, or an Infortune in this case.

2. Let your Medicine be something Antipathetical to the Lord of the sixth.

3. Let your Medicine be something of the nature of the sign ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure always fortifie the grieved part of the body by Sympathetical remedies.

7. Regard the heart, keep that upon the wheels, because the Sun is the Fountain of life, and therefore those Universal remedies [Aurum potabile,] and and the Philosophers Stone cure all diseases by onely fortifying the heart.

But that this may appear unto you as clear as the Sun when he is upon the Meridian, I here quote you an Example, which I performed when I was as far off from my study as I am now, yet am I not ashamed the world should see how much, or little of my lesson I have learned without book.

On July 25. 1651. there came a Letter to me out of Bedfordshire, from a Gentleman (at that time) altogether to me unknown, though since well known, who was a Student both in Astrologie and Physick: the words which are these;

Mr. Culpeper,

MY love remembred unto you, although I know you not by face; yet because I do much respect that pretty little Lark you so lately let fly into the World, which you call [Semeiotica Uranica, which I have lately taken into my Cage; I am therefore imboldned to write unto you in the behalf of a neighbours wife, who is taken with a very violent disease, which began in the lower parts of her body, but is now ascended upwards, and tormenteth her in her breast, throat, tongue, and lips: this disease took possession of her (as she relateth to me) about a fortnight before Michaelmas last, but the certain day and hour

hour ſhe is not able to nominate; ſhe ſent for me, and inquired whether ſhe were not under a fit Tongue or not, or of what nature the diſeaſe was: I have ſent you the incloſed Scheme I could finde but one teſtimony of Faſcination or Witch-craft, which was one ſign of poſſeſſing the Cuſps of the twelfth and firſt houſes, which to me holds forth no more than a ſtrong ſuſpition of it by the querent; however I am confident there is a natural diſeaſe which hurts much, becauſe the Lord of the Sixth, which uſually gives ſignification of natural diſeaſes, is now placed in the Aſcendent; but at preſent I forbear to make any long diſcourſe of mine own opinions, being deſirous that you would indeavour your skill in this cure, for there is not a Doctour of them all far or near that have been ſo skilfull to finde out the diſeaſe, much leſs to effect the cure. Sir, I expect your anſwer; mean time bid you farewell, and remain yours in affection, &c.

My anſwer to the Letter, was to this effect,

SIR,

I Received yours, July 25. wherein I finde your incloſed Scheme, and (I ſuppoſe) the nature of the diſeaſe, and have ſent you ſuch an anſwer as I could, being far from my Study, which I intreat you to take in good part, being [Feſtinanti calamo Conſcripta.] As for the ignorance of your Countrey Doctors, they wanting the true judgement of Aſtrology, is to me no ways admirable; I perceive you to be a young man by the time of your Geneſis, which you alſo ſent me, beware whom you truſt with that, he that knows your Nativity knows when ill directions operate, and if he be an Enemy, knows when to do you a miſchief, if Cecil had not had Eſſex his Nativity, he had never gotten his head off, but to intruſt you being a young Student, I ſhall give you my judgement Methodically.

Diacritica. You ſay you can finde no arguments of Witchcraft, but onely one upon poſſeſſing the Cuſps of both Twelfth and Aſcendent, but if you had regarded the Propinquity of Venus to Saturn you would have made another of that, yet do not I think ſhe is bewitched, becauſe of other more prevalent teſtimonies, the Moon paſſing from the beams of Mars to the beams of Venus may ſeem to give ſome ſuſpition of honeſty, and the diſeaſe to come that way which is increaſed by Mars his being in the Aſcendent in Scorpio, and the Dragons Tail upon the Cuſp, yet I can hardly believe this, for Cauda in a humane ſign uſually gives ſlanders and not tales of truth, it is a hun-

dred to one if she suffer not in point of good name by the vulgar [this was too true.] Besides, the nearness of Venus to Saturn may well shew trouble of minde, and it being in the ninth house, pray inquire whether she have not been troubled about some tenents in religion [the trouble of minde was true, but it was about a stranger, which the ninth house also signifies.]

Diagnostica. Venus, Lady of the Twelfth, and Ascendent, and Eighth, shews her always to be her own foe in respect of health, and truly I believe the Original of the disease was a Surfet either by eating moist fruits, or else by catching wet in travelling; Venus with Saturn who is in square to the Ascendent troubles her breast with tough Flegm and Melancholly: Besides, there be[illegible] a most forcible reception between the Moon and [illegible]enus from fruitfull signs, I question whether she be with Childe or not, the Moon being in the fifth house, Mars is lord of the disease, really in the Scorpion, and accidentally in the Ascendent, together with Aries on the sixth, shew the disease keeps his Court in the Womb, and accidentally afflicts the head from thence, so that heat of the Womb must needs be cause of the present distimper, and Mars in a moist sign in the first near the second may well denote heat, and breaking out about her face and Throat.

Prognostica. Whether she be curable or not, or how or when the disease will end is our next point; truly I can see no danger of death, the Moon being strong in her hain, and applying by Trine with a strong reception to the Lady of the Ascendent; yet this is certain, Mars strong in a fixed sign will maintain the disease stoutly, her hopes will be but small when Venus comes to the body of Saturn, viz. August 2. for she will be overpressed with Melancholly, the time I suppose of her cure may be (if good courses be taken) when Mars leaves the sign he is in, and comes to the place where the body of Jupiter is, or at least then it may turn to another disease more propitious; the Sun strong in the tenth shews she may be cured by Medicine, and he being exalted in the seventh, and Caput there, I do not know but you are as likely a man to do it as any.

[Indicationes Curativæ.] It is confessed here that the Sun being exceeding strong in the tenth House, should naturally signifie the curative Medicine, and as true that the evils of Mars, viz. heat in the Womb, and a salt humour in the bloud ought to be removed before you meddle with the tough Flegm in the breast, but yet seeing the disease seems rather to participate of offending heat than any other simple quality, you must have a care of hot Medicines, lest you go about [ignem oleo extinguere,] the Medicines must first be cool, secondly strengthning the Womb, thirdly repressing the vapours, fourthly of the nature of Sol and Venus.

Thera-

[Therapeutice.] To this intent I firſt commend unto you ſtinking Arrach, a pattern whereof I have ſent you inclo'ſed, you may finde it upon dunghills, eſpecially ſuch as are made of horſe-dung: it is cold and moiſt, an Herb of Venus in the Scorpion; alſo Ros Solis an Herb of the Sun and under the celeſtial Crab, may do very well, and the better becauſe Venus is in Cancer: it grows upon Bogs in untilled places, and is in flower about this time, it grows very low, with roundiſh green leaves full of red hairs, and is fulleſt of dew when the Sun is hotteſt, whence it took its name; to theſe you may add Tanſie, which I take to be an Herb of Venus in Libra, and Lettice if you pleaſe which is an Herb of the Moon, Mars having his fall in Cancer they are all harmleſs, you may uſe them according to your own diſcretion: alſo Orpine, another Herb of the Moon is very good in this caſe.

Sir, I wiſh you well, and if you eſteem of my Lark above his deſerts, I pray trim his feathers for him (correct the errours by the Errata) elſe will he make but unpleaſing Muſick. Thus remain yours, &c.

I the rather choſe this figure to judge of, becauſe none ſhould have juſt occaſion to ſay of us Aſtrologers, that we do as Phyſicians vulgar practice is, when they judge of piſs; firſt pump what they can out of the Querent, and then judge by his words; of which I will rehearſe you one merry ſtory, and ſo I will conclude the book.

A woman whoſe huſband had bruiſed himſelf, took his water, and away to the Doctor trots ſhe; the Doctor takes the piſs and ſhakes it about, How long hath this party been ill (ſaith he) Sr. ſaith the woman, He hath been ill theſe two days, this is a mans water quoth the Doctor preſently, this he learned by the word He; then looking on the water he ſpied blood in it, the man hath had a bruiſe ſaith he, I indeed ſaith the woman, my huſband fell down a pair of ſtairs backwards, then the Doctor knew well enough that what came firſt to danger muſt needs be his back and ſhoulders, ſaid, the bruiſe lay there; the woman he admired at the Doctors ſkill, and told him, that if he could tell her one thing more ſhe would account him the ableſt Phyſician in Europe; well, what was that? How many ſtairs her huſband fell down, this was a hard queſtion indeed, able to puzzle a ſtronger brain than Mr. Doctor had, to pumping goes he, and having taken the Urinal and given it a ſhake or two, inquires whereabout ſhe lived, and knowing well the place, and that the houſes thereabouts were but low built houſes, made anſwer (after another view of the Urine for faſhion ſake) that probably he might fall down ſome ſeven or eight ſtairs; ah, quoth the woman, now I ſee you know nothing, my huſband fell down thirty; thirty! quoth the Doctor, and ſcratch-

snatching up the Urinal, is here all the water saith he? no saith the woman, I spilt some in putting of it in, look you there quoth Mr. Doctor, there were all the other stairs spilt.

Yet mistake me not, I do not deny but such whose dayly experience is to judge waters, and usually judge a hundred in a day may know something by them: if any thing may be known by Urine, I am sure it may by Art, put them both together, [vis unita fortior] thus I take my leave of you, be diligent and I am yours.

Nich. Culpeper.

AN

An Alphabetical Catalogue of the Diseases specified in this Treatise. Together with the page where to findethe Cure.

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